WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

JANUARY/FEBRUARY 2019

2019: Happier Healthier Tastier!

NOW FEATURING THE BEST OF Cooking Light

Stuck in a Chicken-Recipe Rut? Turn to page 92!

Grab & Go Superpower Snacks

Carla Hall's Fresh Spin on Southern

Small Changes for a Healthier Heart

Spiralize All the Vegetables

Page 114

VISIBLY DE-PUFF BAGS FOR YOUNGER-LOOKING EYES
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FEATURES

84

Carla Hall's Spin Through the South

For this star chef's latest book, a road trip, from Charleston to Nashville, delivered new inspiration on what Southern food is all about today.

BY GENEVIEVE KO

92

Change Up Your Chicken Game

We're ringing in 2019 with loads of new recipes for cooking America's favorite fowl—from Marsala to enchiladas. You're welcome.

107

15 Little Ways to Protect Your Heart

A jaw-dropping number of Americans are at risk for cardiovascular disease, but you don't have to be one of them. These doable lifestyle tweaks can make all the difference.

BY HOLLY PEVZNER

74

Maui's Greener Side

Nestled on the slopes of Haleakala—high above the sea and sunbathers—lies an idyllic organic farm that's leading the island's shift toward locally grown food.

BY STEFANIE ELLIS

COVER: LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS). THIS PAGE: DANA EDMUNDS

JANUARY/FEBRUARY 2019

DEPARTMENTS

4 Editor's Letter
6 Food Is Beauty
10 Chatter
118 Recipe Index

Manchego-Stuffed Shishito Poppers
P. 31

13 Dinner Tonight

Hey, we get it: weeknights are hectic. That's why we're serving up delicious meal and side dish ideas (19 of them, actually!) that you can whip up quickly at the end of a long day. How do Sicilian-Style Chicken Thighs, Long-Life Noodles with Beef & Chinese Broccoli and Manchego-Stuffed Shishito Poppers *(shown here)* sound? *Exactly.*

43 Good Health

Get the scoop on why fish is not only a good-for-you choice, it could put you in a very, um, romantic mood *(p.43)*. And if you've been counting calories in an effort to drop some weight (it *is* one of the top New Year's resolutions, after all), stop. Yes, stop. We've got 7 things that are so much more effective—and less exhausting—than keeping tabs on every last calorie *(p.44)*.

51 Good Life

Check out the amazing things dogs are capable of—like sniffing out cancer *(p.52)*. We've also rounded up some of the most unique seed catalogs, because it's time to think about placing your orders for spring *(p.55)*. And get in on the mocktail trend—delicious booze-free drink recipe included *(p.56)*.

63 Good.Food.Fast.

EatingWell taste-tests nondairy milks—64 varieties (gulp) from almond and oat to macadamia and soy. Find our faves on page 64. Plus, 10 nutritious snacks that are so much more satisfying than anything your average office vending machine offers *(p.66)*.

113 Morsels

If this month's cover has you psyched to spiralize, turn to page 114 for our review of the best new tools out there. And learn two different ways to tackle a pineapple *(p.116)*.

120 Food with Purpose

Prepare to be inspired by 27-year-old Robert Lee, who started a nonprofit food rescue organization in New York City that's now helping feed the hungry in 13 cities nationwide—and counting. Plus, find out what you can do to help the cause.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS)

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Many of you are reading *EatingWell* for the first time, so I recorded a short video to welcome you to the magazine. Scan the QR code below or visit *eatingwell.com/editorswelcome* to check it out.

Resolved to drop weight in 2019?
The Cooking Light Diet designs delicious meal plans with your personal weight-loss goals in mind. Find out more and subscribe at: *cookinglightdiet.com*

A Fresh Start

Welcome to 2019! This first issue of the year is all about transformations, starting with the pages of this magazine! As of this issue, we have combined *Cooking Light* and *EatingWell* to bring you one bigger, better, more-relevant-than-ever magazine. Over the years, both magazines have helped Americans eat deliciously and be healthy by inspiring readers to cook great meals, learn about nutrition and make better choices. There was some variation in how each magazine approached this world of better-for-you living. But the truth is, there was quite a bit of similarity.

I am confident that all of you reading this—those who have been loyal *EatingWell* fans, as well as those coming to us from *Cooking Light*—are going to be psyched about what you see on these pages. This issue is jam-packed with 51 delicious recipes, each one accompanied by a mouthwatering photo. We've reorganized the sections to integrate what we loved about *Cooking Light*. So now our easy-cooking department is called "Dinner Tonight," and it has even more ideas for what to make on busy evenings. We also thought *Cooking Light*'s "Good.Food.Fast." section, about what to eat when you don't have time to cook, was brilliant. We've added it to the mix starting on page 63. If you're like me, you don't actually cook three meals a day. (I'd like to!) But the reality is I do occasionally grab lunch at Starbucks and could use a tip on what's healthiest and tastiest there *(page 70)*. And I'm delighted to know about Trader Joe's cauliflower gnocchi and the six ways I can hack it into dinner in minutes flat *(page 68)*.

Besides the big changes we're making to the magazine, this issue is about transformations in another sense. After all, it's the time of year when many of us are resolving to eat a little better, get out of a recipe rut, lose weight, get stronger, improve our cholesterol, you name it. The stories in this issue offer ways to help you make these changes. On page 44 we give you seven weight-loss tactics that are way better than counting calories. Want to improve your heart health? Turn to page 107 for 15 ways to do that. If you want to drink a little less, we've got a Derby Dry mocktail on page 56. Want to grow some of your own food this year? Get inspired by some of the specialty seed catalogs we write about on page 55. Ready to get in on the spiralized-vegetable trend? Our top picks for the best gadgets to get your "zoodle" on are on page 114. And how about 20 new chicken recipes? No need to start 2019 with the same old takes on our favorite fowl *(page 92)*.

It's going to be a great year! So glad you're with us!

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM
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ERICA ALLEN

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Oh, Honey

Golden, sweet, sticky and delicious—there's a lot to love about honey, beyond what a good drizzle will do for your morning Greek yogurt. Honey has remarkable antioxidant, anti-inflammatory and anti-bacterial properties (all the good antis!) and has been used to moisturize and repair skin damage since ancient times. In fact, pots of honey have been found in Egyptian tombs. When applied topically (think: face mask) it's got notable beauty perks too. A review of studies in the *Journal of Cosmetic Dermatology* found that honey can calm skin discomfort, such as redness, and reduce the formation of fine lines. Buzz well deserved.

PHOTO AMY ROTH

FOOD MADE FROM FOOD™

Made with only dates, almonds, unsweetened apples, walnuts, raisins & cinnamon.

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GETTING DIRTY *IN THE DESERT*

Clean is overrated. Maybe even downright dull. Because if you've got trail dirt on your boots, river mud between your toes, chaff in your hair and grit in your smile – you, dear friend, have had an adventure. And isn't that what vacations are all about? Come along with us as we explore a few of the ways you can get dirty – and have fun doing it – in Scottsdale's Sonoran Desert.

HIT THE TRAIL

The Sonoran Desert in and around Scottsdale is an other-worldly landscape of towering saguaros, quirky cacti and lush, sandy-bottomed washes. Enjoy the satisfying crunch of a new trail under your boots on a hike in Scottsdale's McDowell Sonoran Preserve. Options range from easy nature trails to challenging summit climbs that will make you work up a sweat.

RIDE THE SALT

Slather on the sunscreen, slip on your river shoes and head to the Salt River for a rafting, kayaking or SUPing adventure. As you float beneath towering granite cliffs, keep your eyes open for bald eagles overhead and wild horses on the river's edge.

GO OFF-ROAD

When your Tomcar guide hands you a bandana to tie over your nose and mouth, trust us – take it. Because the dust will be flying on this you-drive desert excursion. It's an adrenaline rush on four wheels as you drive a twisty-turny path through the desert, across rock-strewn river beds and over rugged terrain – all while soaking up the amazing desert and mountain views.

ROLL IN THE MUD

Discover mud's gentler side with a soothing clay wrap at one of Scottsdale's award-winning spas. Two to try are the Turquoise Wrap at the Spa at the Boulders Resort and the Adobe Clay Purification at The Spa at Camelback Inn.

SPREAD SOME BBQ LOVE

Dig into a plateful of finger-licking goodness at Bryan's Black Mountain Barbecue. Chef Bryan Dooley brings his fine-dining culinary chops to this Cave Creek gem where he roasts all of his meats over pecan wood before bathing them in tangy sauce. Our favorite is the melt-in-your-mouth brisket, but the pulled pork, chicken and ribs are just as delicious.

Ready to join us and get dirty in the desert?
Visit AbsolutelyScottsdale.com and make plans for your next Sonoran Desert adventure!

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What's Trending

1 500-CALORIE DINNERS
Try our month-long plan for delicious low-cal dinners. You'll get meals like Vegan Coconut Chickpea Curry *(shown here)*, Sheet-Pan Chicken Fajitas and Salmon Tacos with Pineapple Salsa. *EatingWell.com/500CalorieDinners*

2 HEALTHY FAMILY CHALLENGE
Is one of your New Year's resolutions to eat healthier as a fam? Join us as we focus on small, achievable changes to make every day, like eating a healthy breakfast. Think: make-ahead smoothie freezer packs. *EatingWell.com/HealthyFamilyChallenge*

3 KITCHEN GARDENING
The temps outside may be frigid, but you can still enjoy fresh herbs and salad greens. Learn how to transform a warm, sunny spot and a few pots into your own indoor kitchen garden to flavor winter cooking. *EatingWell.com/KitchenGarden*

When you don't have time to cook, what's your go-to healthy dinner solution?

Couscous with chickpeas, shredded carrots and any green veggie I happen to have in the freezer. Or salad from the fridge, drizzled with an easy & fast lemon-tahini dressing. **—Katharina Elisabeth**

Hot bar at Whole Foods or one of their premade sandwiches (falafel wrap). **—Amore Onyung**

Make boil-in-bag rice; add chicken, mushrooms, jalapeños, cheese sauce... 15 mins. **—Doris LaMond**

Black beans, brown rice & chopped-up vegetables. **—Kimberly Blackwell**

Spinach and scrambled eggs with salsa. **—Francene DeBouse**

Cauliflower rice, homemade stewed and canned tomatoes, some shaved fontina or Parmesan cheese. **—Sarah Ann**

Rotisserie chicken and side salad. **—Julia Marie Cusano**

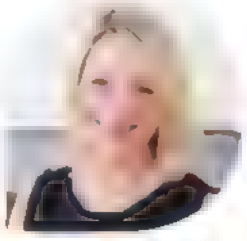
Mashed avocado with chopped cherry tomatoes on lightly toasted crusty bread... yummy. **—Lindsay Davies**

Baby yellow and orange bell peppers and carrot sticks with store-bought hummus. Plus a pouch of tuna spread onto some crackers. **—E.F. Paredes**

YOU ASKED US

Devon O'Brien
Senior Food Editor

[redacted]
"Last year I made *EatingWell*'s Butternut Squash Queso Fundido—and it was gone before the game started! I'll definitely do a double batch this year (and use our Two-Ingredient Dough recipe to make pretzel bites for dipping). I also love to make *EatingWell.com*'s new Loaded Cauliflower Bites. They're a healthier version of potato skins." Find all these game-day eats and more at *EatingWell.com/SuperBowl.*



Shaun Dreisbach
Nutrition & Features Editor

[redacted]
"My daughter is a competitive gymnast, so I'm a pro snack packer. Opt for good sources of protein (at least 6 g per serving) and high-quality carbs for energy. My go-tos: peanut butter, honey and banana 'sushi' rolls in a whole-wheat tortilla, or mozzarella pearls with pesto and whole-grain crackers for dipping. *EatingWell's* Peanut Butter-Oat Energy Balls are also the *bomb*." Check out *EatingWell.com/HealthySnacks.*

Lisa Valente, M.S., R.D.
Digital Nutrition & News Editor

[redacted]
"I had my first baby last February and I know getting back into working out can be tough. Set realistic expectations for yourself—and find unexpected ways to stay active! I started by streaming exercise videos at home and walking, then graduated to stroller runs and hikes with my baby. Make it stick by blocking out time on your calendar each week for exercise. Seeing it written down keeps you motivated."

KAT E WEBSTER INSETS ERICA ALLEN

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HOME-COOKED MEAL

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SINCE 1918

EASY HEALTHY RECIPES

DINNER TONIGHT

Sure, we know eating the rainbow is a must. But research shows that simply looking at purple plants can fire up neurons that help us relax, so take a moment to appreciate this beautiful salad before you dig in.

Red Cabbage & Pomegranate Salad (page 14)

BLAINE MOATS, STYLING KELSEY BULAT (FOOD); SUE MITCHELL (PROPS)

Roasted Red Cabbage with Caraway Butter

Sautéed Red Cabbage with Shallots & Hazelnuts

SLOW BURN
Anthocyanins—plant compounds that give red cabbage its vibrant color—can slow down carb digestion, potentially helping fend off or manage type 2 diabetes.

Hot Heads

Three fresh ways to transform humble cabbage into a star side

Roasted Red Cabbage with Caraway Butter

Preheat oven to 425°F. Coat a foil-lined baking sheet with cooking spray. Cut ½ **red cabbage** into 6 wedges and arrange them on the baking sheet. Sprinkle with ½ tsp. **salt** and ¼ tsp. **pepper.** Roast, turning once, until tender and browned, 35 to 40 minutes. Meanwhile, combine 2½ Tbsp. softened **butter,** ½ tsp. **lemon zest** and ¼ tsp. toasted **caraway seeds.** Top the cabbage with the butter.

SERVES 6: 1 cabbage wedge each

CAL 65 / **FAT** 5G (SAT 3G) / **CHOL** 13MG / **CARBS** 5G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 213MG / **POTASSIUM** 174MG

Sautéed Red Cabbage with Shallots & Hazelnuts

Heat 1 Tbsp. each **olive oil** and **butter** in a large skillet over medium heat. Cook 2 quartered medium **shallots** until softened, 2 to 3 minutes. Add 4 cups chopped **red cabbage;** cook until softened, about 3 minutes. Add ½ cup **apple cider** and ½ tsp. each **salt** and **pepper.** Reduce heat to medium-low, cover and cook until tender, about 10 minutes. Stir in 1 tsp. **cider vinegar.** Top with ½ cup chopped toasted **hazelnuts** and 2 tsp. fresh **thyme.**

SERVES 4: ¾ cup each

CAL 221 / **FAT** 17G (SAT 3G) / **CHOL** 8MG / **CARBS** 17G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 321MG / **POTASSIUM** 418MG

Red Cabbage & Pomegranate Salad

(Photo: page 13)

Whisk 1 Tbsp. **rice vinegar,** 2 tsp. **lemon juice,** 1 tsp. each **honey** and ground **cumin** and ½ tsp. each **salt** and **pepper** in a large bowl. Slowly whisk in 2½ Tbsp. **olive oil.** Add 4 cups shredded **red cabbage** and 1½ cups julienned **carrots;** toss to combine. Top with ½ cup chopped fresh **cilantro,** ¼ cup **pomegranate seeds** and 3 Tbsp. toasted sliced **almonds.**

SERVES 4: 1 cup each

CAL 162 / **FAT** 11G (SAT 1G) / **CHOL** 0MG / **CARBS** 15G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 343MG / **POTASSIUM** 392MG

BLAINE MOATS STYLING KELSEY BULAT (FOOD) SUE MITCHELL (PROPS) RECIPES BY JULIA LEVY

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*Contains 4-8g total fat. See nutrition information for total fat and saturated fat content. ® TM, © 2019 Kellogg NA Co.

Pour a glass of **Poggio Anima Uriel Grillo 2016 *($17)*** alongside this hearty chicken dish. This Sicilian white has a touch of salinity plus herb and citrus flavors that help it stand up to the Italian seasoning, salty capers and briny olives.

Sicilian-Style Chicken Thighs

ACTIVE: 25 min **TOTAL:** 45 min

Bright-green Castelvetrano olives hail from Sicily and have a buttery flavor and meaty texture. Look for them on your supermarket olive bar or in jars with Italian ingredients.

- 1 tablespoon minced garlic
- ¼ teaspoon salt, divided
- 4 tablespoons extra-virgin olive oil, divided
- 1 teaspoon Italian seasoning
- ½ teaspoon crushed red pepper
- 4 bone-in chicken thighs (about 2 pounds), skin removed
- 1 pound yellow potatoes, diced
- 4 medium carrots, diced
- 2 cups grape tomatoes, halved
- ½ cup dry white wine
- ¼ cup Castelvetrano olives, quartered
- 1 tablespoon capers, rinsed
- Chopped fresh parsley for garnish

1. Mash garlic with ¼ teaspoon salt with a fork to form a paste. Transfer to a small bowl and stir in 1 tablespoon oil, Italian seasoning and crushed red pepper.

2. Sprinkle chicken with ¼ teaspoon salt. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook until browned on both sides, 6 to 8 minutes total. Transfer the chicken to a plate and top with the garlic mixture.

3. Heat the remaining 2 tablespoons oil in the pan over medium heat. Add potatoes and carrots and the remaining ¼ teaspoon salt; cook, stirring occasionally, until the vegetables begin to brown and stick to the pan, 6 to 8 minutes. Add tomatoes, wine, olives and capers; cook, stirring and scraping up any browned bits, for 1 minute. Nestle the chicken into the pan, cover and cook until an instant-read thermometer inserted in the thickest part without touching the bone registers 165°F, 10 to 15 minutes. Serve garnished with parsley, if desired.

SERVES 4: 1 thigh & 1 cup vegetables each

CAL 511 / **FAT** 27G (SAT 5G) / **CHOL** 92MG / **CARBS** 35G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 5G / **SODIUM** 690MG / **POTASSIUM** 901MG.

BLAINE MOATS STYLING KELSEY BULA™ (FOOD) SUE MITCHELL (PROPS) RECIPE BY HILARY MEYER

+POT OF GOLD More one-pot dinner recipes at eatingwell.com/onepot

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GET IT

Using riced vegetables as the base of a meal is an easy way to up your veg servings. Look for Little Green Sprout's Organics Riced Veggies in your grocer's freezer.

SPONSORED BY GREEN GIANT

Korean Steak, Kimchi & Cauliflower Rice Bowls

ACTIVE: 30 min **TOTAL:** 30 min

If you've ever wondered how to make those jammy eggs served with ramen, here you go! Let them simmer for 3 minutes more if you prefer a hard-set yolk.

- 2 large eggs
- 4 tablespoons toasted sesame oil, divided
- 6 cups riced cauliflower
- 2 scallions, sliced, greens and whites separated
- 1 tablespoon minced ginger
- ¼ teaspoon salt
- 1 pound sirloin steak, thinly sliced
- ⅓ cup gochujang
- 2 tablespoons toasted sesame seeds
- 1 cup shredded carrots
- ½ cup kimchi
- Sliced radishes for garnish

1. Bring a medium saucepan of water to a boil over high heat. Set a bowl of ice water near the stove. Using a spoon, gently lower eggs into the boiling water. Reduce heat to maintain a rapid simmer. Cook for 7 minutes. Transfer the eggs to the ice bath and let cool for 5 minutes. Peel the eggs and slice in half.

2. Meanwhile, heat 2 tablespoons oil in a large skillet over medium-high heat. Add cauliflower, scallion whites, ginger and salt. Cook, stirring frequently, until the cauliflower is softened, about 5 minutes. Transfer to a bowl and cover to keep warm. Wash and dry the pan.

3. Heat the remaining 2 tablespoons oil in the pan over medium-high heat. Add steak and cook, stirring, until no longer pink, 2 to 4 minutes. Remove from heat and stir in gochujang and sesame seeds.

4. To assemble, divide the cauliflower among 4 bowls. Top with the steak, carrots, kimchi, half an egg, scallion greens and radishes, if desired.

SERVES 4: about 2 cups each

CAL 414 / **FAT** 23G (SAT 5G) / **CHOL** 152MG / **CARBS** 20G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 6G / **SODIUM** 720MG / **POTASSIUM** 388MG.

BLAINE MOATS, STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS); RECIPE BY HILARY MEYER

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CAULIFLOWER FRIED "RICE"

PREP TIME 5 mins | **TOTAL TIME** 13 mins | **SERVINGS** 4

Keep Little Green Sprout's Organics Riced Veggies on hand to whip up this easy fried "rice" recipe in less than 15 minutes! Serve as a side or add cooked chicken, pork or shrimp for a fast and tasty main dish.

INGREDIENTS

1 tablespoon vegetable oil
1 large clove garlic, crushed
½ teaspoon grated fresh ginger
1 (12-ounce) package Little Green Sprout's Organics Riced Veggies Cauliflower Medley or Green Giant® Riced Veggies Cauliflower Medley
2 tablespoons soy sauce
1 egg, lightly beaten and scrambled

INSTRUCTIONS

1. Heat oil in a large nonstick skillet and cook garlic and ginger over medium heat for 1 minute. Add Little Green Sprout's Organics Riced Veggies Cauliflower Medley and cook for 5 minutes, stirring frequently, or until the vegetables are tender-crisp. Stir in soy sauce and cook 1 minute more.
2. Stir in cooked egg and cook until heated through, about 1 minute.

Little Green SPROUT'S organics by Green Giant

Visit **LittleGreenSproutsOrganics.com** for recipes and more!

Pork Chops with Garlicky Broccoli

ACTIVE: 30 min **TOTAL:** 30 min

A little Parmesan in the pork chops' crunchy coating makes it extra flavorful. The broccoli is simple yet special—try it alongside just about anything you're cooking

- **1½ pounds broccoli with stems, trimmed and cut into spears**
- **6 tablespoons extra-virgin olive oil, divided**
- **1 cup panko breadcrumbs, preferably whole-wheat**
- **¼ cup grated Parmesan cheese, plus more for serving**
- **¼ cup whole-wheat flour**
- **1 large egg, lightly beaten**
- **4 4-ounce boneless pork chops, trimmed**
- **¾ teaspoon salt, divided**
- **1 teaspoon lemon juice**
- **4 cloves garlic, thinly sliced**
- **¼ teaspoon crushed red pepper**
- **2 tablespoons red-wine vinegar**
- **Chopped fresh thyme for garnish**

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

2. Toss broccoli with 1½ tablespoons oil on the prepared pan and spread in an even layer. Broil, stirring once, until charred in spots, about 10 minutes. Transfer to a bowl and set aside.

3. Meanwhile, combine breadcrumbs and Parmesan in a shallow dish. Place flour in another shallow dish and egg in a third shallow dish. Sprinkle pork with ¼ teaspoon salt, then dredge in the flour, shaking off excess; dip in the egg, letting excess drip off; and coat with the breadcrumb mixture.

4. Heat 3 tablespoons oil in a large nonstick skillet over medium-high heat. Add the pork and cook, turning once, until golden brown and an instant-read thermometer inserted in the thickest portion registers 145°F, about 6 minutes total. (If the pork is browning too quickly, reduce heat to medium.) Transfer to a plate and drizzle with lemon juice. Tent with foil.

5. Wipe the pan clean. Add the remaining 1½ tablespoons oil, garlic and crushed red pepper and cook over low heat, stirring, until the garlic is sizzling, about 3 minutes. Remove from heat and stir in vinegar and the remaining ½ teaspoon salt. Drizzle over the reserved broccoli and toss to coat. Serve the pork and broccoli with more Parmesan and thyme, if desired.

SERVES 4: 1 pork chop & 1 cup broccoli each

CAL 543 / **FAT** 37G (SAT 9G) / **CHOL** 121MG / **CARBS** 20G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 34G / **FIBER** 6G / **SODIUM** 725MG / **POTASSIUM** 925MG.

BLEMISH BUSTER
Broccoli is one of the best ways to get vitamin B_5 (pantothenic acid), a nutrient that may give you clearer skin.

CAITLIN BENSEL; STYLING, EMILY NABORS HALL (FOOD) CINDY BARR (PROPS) RECIPE BY LIZ MERVOSH

NO FUSS VEGGIE CRUST

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B&G Foods North America

Cheesy Spinach-&-Artichoke Stuffed Spaghetti Squash

ACTIVE: 25 min **TOTAL:** 25 min

It's worth roasting the squash versus cooking it in the microwave if you have the time. Its flavor gets sweeter and more intense

- **1 2½- to 3-pound spaghetti squash, cut in half lengthwise and seeds removed**
- **3 tablespoons water, divided**
- **1 5-ounce package baby spinach**
- **1 10-ounce package frozen artichoke hearts, thawed and chopped**
- **4 ounces reduced-fat cream cheese, cubed and softened**
- **½ cup grated Parmesan cheese, divided**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **Crushed red pepper & chopped fresh basil for garnish**

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes. *(Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400°F until tender, 40 to 50 minutes.)*

2. Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl.

3. Position rack in upper third of oven; preheat broiler.

4. Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, ¼ cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining ¼ cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.

SERVES 4: 1¼ cups each

CAL 223 / **FAT** 11G (SAT 6G) / **CHOL** 28MG / **CARBS** 23G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 9G / **SODIUM** 528MG / **POTASSIUM** 481MG.

This spaghetti squash-for-pasta swap slashes both carbs and calories by 75 percent. Plus you get vitamin C and potassium.

BLAINE MOATS STYLING KELSEY BULA" (FOOD), SUE MITCHELL (PROPS) RECIPE BY CAROLYN MALCOUN

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Pea & Spinach Carbonara

ACTIVE: 20 min **TOTAL:** 20 min

Fresh pasta cooks up faster than dried, making it a boon for hurried weeknights. Eggs are the base of the creamy sauce. They don't get fully cooked, so use pasteurized-in-the-shell eggs if you'd prefer.

- 1½ tablespoons extra-virgin olive oil
- ½ cup panko breadcrumbs, preferably whole-wheat
- 1 small clove garlic, minced
- 8 tablespoons grated Parmesan cheese, divided
- 3 tablespoons finely chopped fresh parsley
- 3 large egg yolks
- 1 large egg
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 9-ounce package fresh tagliatelle *or* linguine
- 8 cups baby spinach
- 1 cup peas (fresh *or* frozen)

1. Put 10 cups of water in a large pot and bring to a boil over high heat.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Add breadcrumbs and garlic; cook, stirring frequently, until toasted, about 2 minutes. Transfer to a small bowl and stir in 2 tablespoons Parmesan and parsley. Set aside.

3. Whisk the remaining 6 tablespoons Parmesan, egg yolks, egg, pepper and salt in a medium bowl.

4. Cook pasta in the boiling water, stirring occasionally, for 1 minute. Add spinach and peas and cook until the pasta is tender, about 1 minute more. Reserve ¼ cup of the cooking water. Drain and place in a large bowl.

5. Slowly whisk the reserved cooking water into the egg mixture. Gradually add the mixture to the pasta, tossing with tongs to combine. Serve topped with the reserved breadcrumb mixture.

SERVES 4: 1 cup each

CAL 430 / **FAT** 15G (SAT 4G) / **CHOL** 223MG / **CARBS** 54G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 8G / **SODIUM** 586MG / **POTASSIUM** 160MG

COZI

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+**PASTA PRONTO** More quick pasta[illegible]com/quickpasta

BLAINE MOATS, STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS); RECIPE BY ADAM HICKMAN

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*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guide ines. Supportive but not conclusive research shows that eating 1 5 ounces of wa nuts per day, as part of a low saturated fat and low cholesterol diet and not resulting n ncreased caloric intake, may reduce the risk of coronary heart disease (FDA) One ounce of wa nuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat includ ng 2 5g of a pha no en c ac d the p ant based omega 3

MAKEOVER MAGIC
This update of the comfort food classic trades beans for some of the meat to bump up fiber by 7 grams. Cutting back on the sugar and ketchup reduces the added sugar by 12 grams.

Beef & Bean Sloppy Joes

ACTIVE: 20 min **TOTAL:** 20 min

What is labeled "chili powder" is most often a blend of ground dried chiles, other herbs and spices and sometimes salt. You can also buy chile powders made solely from specific varieties of chiles, which provide a greater depth of flavor. Here we use New Mexico chile powder, which has slightly fruity undertones.

- **1 tablespoon extra-virgin olive oil**
- **12 ounces 90%-lean ground beef**
- **1 cup no-salt-added black beans, rinsed**
- **1 cup chopped onion**
- **2 teaspoons New Mexico chile powder**
- **½ teaspoon garlic powder**
- **½ teaspoon onion powder**
- **Pinch of cayenne pepper**
- **1 cup no-salt-added tomato sauce**
- **3 tablespoons ketchup**
- **1 tablespoon reduced-sodium Worcestershire sauce**
- **2 teaspoons spicy brown mustard**
- **1 teaspoon light brown sugar**
- **4 whole-wheat hamburger buns, split and toasted**

1. Heat oil in a large nonstick skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until lightly browned but not completely cooked through, 3 to 4 minutes. Using a slotted spoon, transfer the beef to a medium bowl, reserving drippings in the pan.

2. Add beans and onion to the pan; cook, stirring often, until the onion is softened, about 5 minutes. Add chile powder, garlic powder, onion powder and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomato sauce, ketchup, Worcestershire, mustard and brown sugar. Return the beef to the pan. Bring to a simmer and cook, stirring often, until the beef is just cooked through and the sauce has thickened slightly, about 5 minutes. Serve on buns.

SERVES 4: 1 sandwich each

CAL 411 / **FAT** 15G (SAT 4G) / **CHOL** 55MG / **CARBS** 44G / **TOTAL SUGARS** 12G (ADDED 7G) / **PROTEIN** 26G / **FIBER** 8G / **SODIUM** 537MG / **POTASSIUM** 842MG.

+**COMFORT FOOD MADE HEALTHY** More comfort food makeovers at eatingwell.com/makeovers

CAITLIN BENSEL; STYLING, EMILY NABORS HALL (FOOD); CINDY BARR (PROPS). RECIPE BY LIZ MERVOSH

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VEGAN

SCRATCH THE SURFACE
This soup is super-rich and flavorful, even without broth, thanks to the **Maillard reaction.** This chemical process creates flavorful browned bits on bott

In the Hot Seat

Here is a safe way for your kids to play with fire. Heat is the key to developing the deep flavor of this soup.
By Joy Howard

Lemony Lentil Soup with Collards

ACTIVE: 40 min **TOTAL:** 1 hr

This soup is seasoned with ground coriander, which is the seed of the cilantro plant. Its floral, citrusy flavor dovetails nicely with the lemon.

- **1 cup dried brown lentils**
- **8 cups water, divided**
- **¼ cup extra-virgin olive oil**
- **2 medium onions, diced**
- **2 medium carrots, diced**
- **1 teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **3 cloves garlic, chopped**
- **1 teaspoon ground coriander**
- **6 cups chopped collard greens**
- **¾ cup chopped fresh cilantro**
- **1 pound small yellow potatoes, quartered**
- **Juice of 1 lemon, plus wedges for serving**

KIDS DO **1.** Pick through lentils, discarding any stones. Rinse.

2. Combine the lentils in a small saucepan with 3 cups water. Cover and bring to a boil. Reduce heat to maintain a simmer and cook, covered, until tender, 25 to 30 minutes.

KIDS DO **3.** Meanwhile, heat oil in a large pot over medium heat. Add onions, carrots, ½ teaspoon salt and pepper; cook, stirring occasionally, until golden brown and lightly caramelized, 15 to 20 minutes. Add garlic and coriander; cook, stirring, for 1 minute. Stir in collard greens and cilantro; cook, stirring occasionally, until the greens have wilted, about 1 minute.

4. Add 1 cup of water and cook, scraping up any browned bits from the bottom of the pan, for 30 seconds. Add the lentils and their liquid, potatoes, lemon juice and the remaining 4 cups water and ½ teaspoon salt. Bring to a boil over high heat. Reduce heat, cover and simmer until the potatoes are tender, 12 to 14 minutes.

5. Serve with lemon wedges, if desired.

SERVES 6: about 2 cups each

CAL 296 / **FAT** 10G (SAT 1G) / **CHOL** 0MG / **CARBS** 42G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 8G / **SODIUM** 428MG / **POTASSIUM** 765MG.

SOUP'S ON More soup recipes at eatingwell.com/soups

BLAINE MOATS, STYLING KELSEY BULAT (FOOD) SUE MITCHELL (PROPS) INSET BRETT SIMSON

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Chili-Lime Brussels Sprout Chips

ACTIVE: 15 min **TOTAL:** 25 min

The outer leaves of large Brussels sprouts make the best "chips." Plus they're easier to remove than the tightly furled-together inner ones. Roast what's left over for dinner later in the week.

- **1 pound large Brussels sprouts**
- **1 tablespoon extra-virgin olive oil**
- **½ teaspoon chili powder**
- **½ teaspoon grated lime zest**
- **¼ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **1 teaspoon lime juice**

1. Preheat oven to 400°F.
2. Remove enough outer leaves from Brussels sprouts to make 4 cups (reserve the remaining Brussels sprouts for another use). Place in a large bowl along with oil, chili powder, lime zest, pepper and salt. With clean hands, gently massage the leaves until coated. Spread in a single layer on a large rimmed baking sheet.
3. Roast until the leaves are browned and crispy, about 10 minutes. Toss with lime juice and serve hot.

SERVES 4: ½ cup each

CAL 44 / **FAT** 4G (SAT 1G) / **CHOL** 0MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 89MG / **POTASSIUM** 107MG

Manchego-Stuffed Shishito Poppers

ACTIVE: 40 min **TOTAL:** 40 min

Manchego is a sheep's-milk cheese made in Spain that has a buttery texture. Look for it in your supermarket's specialty cheese section. Shishito peppers are typically mild, but 5 to 10 percent of them pack some heat, which makes eating them like a game of spicy roulette. (Photo: page 2.)

- **2 cups shredded Manchego cheese**
- **½ cup low-fat plain Greek yogurt**
- **2 scallions, sliced**
- **¼ cup panko breadcrumbs, preferably whole-wheat**
- **½ teaspoon smoked paprika**
- **¼ teaspoon garlic powder**
- **30 shishito peppers**
- **Cooking spray**
- **¼ teaspoon flaky sea salt**

1. Position rack in upper third of oven; preheat broiler to high.
2. Combine Manchego, yogurt, scallions, panko, paprika and garlic powder in a medium bowl.
3. Make a slit down one side of each pepper and scrape out the seeds with a small spoon. Fill each with about 1½ teaspoons of the cheese mixture and close the pepper around it. Place cut-side up on a baking sheet. Coat the peppers lightly with cooking spray.
4. Broil, turning the pan once from front to back halfway through, until the peppers are starting to char and the cheese is melted, about 4 minutes total. Sprinkle with salt. Serve warm.

SERVES 10: 3 peppers each

CAL 116 / **FAT** 5G (SAT 3G) / **CHOL** 13MG / **CARBS** 13G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 4G / **SODIUM** 156MG / **POTASSIUM** 417MG

VITAMIN C VIP
Citrus may be a go-to for disease-fighting vitamin C, but Brussels sprouts are good sources too.

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BLAINE MOATS; STYLING KELSEY BULAT (FOOD). SUE MITCHELL (PROPS). RECIPES BY BRIANA KILLEEN & HILARY MEYER

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RIFF IT
Protein Swap
Trade 12 ounces boneless, skinless chicken breasts, cut into 1-inch pieces, for the steak.

RIFF IT
Make It a Stir-Fry
Skip the noodles and serve over 2 cups cooked brown rice.

RIFF IT
Veggie Variety
Swap 4 cups snow peas and 2 cups julienned carrots for the mushrooms and Chinese broccoli.

Long-Life Noodles with Beef & Chinese Broccoli

ACTIVE: 25 min **TOTAL:** 25 min

Noodles are a key part of Chinese New Year celebrations because they symbolize long life. This year the holiday falls on February 5.

- **8 ounces whole-wheat spaghetti**
- **1 tablespoon toasted sesame oil**
- **3 tablespoons oyster sauce**
- **3 tablespoons Shaoxing rice wine**
- **2 tablespoons reduced-sodium soy sauce**
- **1½ teaspoons cornstarch**
- **¼ teaspoon ground white pepper**
- **1 tablespoon peanut oil**
- **10 ounces Chinese broccoli *or* broccolini, halved and cut into 1-inch pieces**
- **2 cups sliced mushrooms**
- **12 ounces flank steak, trimmed and thinly sliced**
- **2 cloves garlic, grated**
- **Toasted sesame seeds for garnish**

1. Cook noodles according to package directions. Rinse and drain well. Toss with sesame oil. Set aside.

2. Meanwhile, whisk together oyster sauce, rice wine, soy sauce, cornstarch and white pepper in a small bowl; set near the stove.

3. Heat a large flat-bottom wok or large cast-iron skillet over high heat. Add peanut oil and swirl to coat. Add broccoli and mushrooms; cook, stirring occasionally, for 2 minutes. Add steak and garlic; cook, stirring, until the steak is no longer pink on the outside, 2 to 3 minutes more. Add the sauce and bring to a boil; cook for 1 minute. Add the noodles and toss to coat. Sprinkle with sesame seeds, if desired.

SERVES 4: 1¾ cups each

CAL 449 / **FAT** 15G (SAT 4G) / **CHOL** 51MG / **CARBS** 50G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 28G / **FIBER** 8G / **SODIUM** 680MG / **POTASSIUM** 789MG

hinese noodle recipes at eatingwell.com/chinesenoodles

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS); RECIPE BY CAROLYN MALCOLM

There's a Sauce for That

For those nights when you just want something to make that roast chicken or steak or pasta extra-special

1 Creamy Cilantro-Jalapeño Sauce

ACTIVE: 15 min **TOTAL:** 15 min

Combine 1 cup packed fresh **cilantro,** 1 seeded and chopped **jalapeño,** 5 Tbsp. **mayonnaise,** 2 Tbsp. **lime juice,** 1 Tbsp. each **olive oil** and **tahini,** 1 tsp. each **honey** and chopped **garlic** and ¼ tsp. **salt** in a blender. Process until smooth, scraping down the sides as needed. Serve immediately or refrigerate for up to 1 day. Thin with 1 to 2 Tbsp. water, if desired. Makes ¾ cup.

Drizzle over fish tacos or roast chicken.

2 Ancho Pepper-Cherry Sauce

ACTIVE: 10 min
TOTAL: 40 min

Combine ½ cup each **pitted cherries** (fresh or frozen), minced **sweet onion** and **cider vinegar** with ⅓ cup **ketchup,** 3 Tbsp. each **dark brown sugar** and **water,** 1 tsp. minced **garlic,** ¾ tsp. **ancho chile powder** and ½ tsp. ground **cumin** in a saucepan. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer until the onion is tender, 15 to 20 minutes. Transfer the mixture to a blender. Remove the

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center piece of the lid (so steam can escape); secure the lid and place a towel over the opening. Process until smooth, about 30 seconds. Add 1 Tbsp. **butter** and ½ tsp. **salt;** process until smooth. Makes ½ cup.
Try with pork tenderloin or steak.

3 Roasted Garlic-Parmesan Cream Sauce

ACTIVE: 15 min **TOTAL:** 30 min

Cook 6 unpeeled **garlic cloves** in a cast-iron skillet over medium heat, stirring occasionally, until soft, 12 to 15 minutes. Let cool; discard the skins and mash the garlic until smooth. Melt 1 Tbsp. **butter** in a medium saucepan over medium heat. Whisk in 2 Tbsp. **all-purpose flour** until combined. Gradually whisk in 1 cup warm **low-fat milk** until smooth. Cook, whisking constantly, until thickened, 6 to 8 minutes. Reduce heat to low; whisk in mashed garlic, ½ cup grated **Parmesan cheese,** ¼ tsp. **salt** and ⅛ tsp. **pepper.** Cook, whisking constantly, until the cheese has melted and the mixture is smooth. Makes ½ cup.

Toss with pasta or use as a pizza sauce.

RECIPES BY PAM LOLLEY

NUTRITION INFO PAGE 118

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Shrimp, Pomelo & Green Mango Salad

ACTIVE: 40 min **TOTAL:** 1 hr

You may have spied giant pomelos at your grocery store. This salad is your chance to try this grapefruit-flavored beauty. This salad is packed with plenty of herbs, peppery watercress, briny shrimp and green mango. Look for palm sugar, often sold in pod-like cakes, at Asian markets.

MARINADE

- ½ cup rice vinegar
- 1½ tablespoons coarsely grated palm sugar *or* light brown sugar
- 2 small mild red chiles, seeded and julienned, *or* 1 teaspoon crushed red pepper
- 1 1-inch piece fresh ginger, peeled and julienned
- 2 whole star anise
- 1 large cinnamon stick, broken in half

SALAD

- 1 medium pomelo
- 1 pound raw shrimp (21-25 count), peeled, deveined and patted dry
- 2 tablespoons peanut oil, divided
- 1½ teaspoons fish sauce
- 1 small unripe mango, peeled and julienned
- 1 cup watercress, tough stems trimmed
- ½ cup fresh mint
- ⅓ cup fresh cilantro
- ⅓ cup salted roasted peanuts, coarsely chopped
- 2 small shallots, thinly sliced
- 1½ tablespoons lime juice
- ⅛ teaspoon salt

1. To prepare marinade: Bring vinegar to a boil in a medium saucepan. Add sugar and stir to dissolve. Remove from heat and add chiles (or crushed red pepper), ginger, star anise and cinnamon stick. Set aside to cool.

2. To prepare salad: Slice both ends off pomelo. With a sharp knife, remove the peel and white pith; discard. Working over a large bowl, cut the segments from their surrounding membranes. Break the flesh into bite-size chunks. Pour the marinade over the fruit and let stand for at least 30 minutes and up to 1 hour, stirring occasionally.

3. Meanwhile, heat a large skillet over high heat. Toss shrimp in a medium bowl with 1 tablespoon oil. Add to the pan and cook, turning once halfway through, until starting to char, 4 to 5 minutes total. Remove to a clean bowl, add fish sauce and stir to combine. Set aside to cool for 10 minutes.

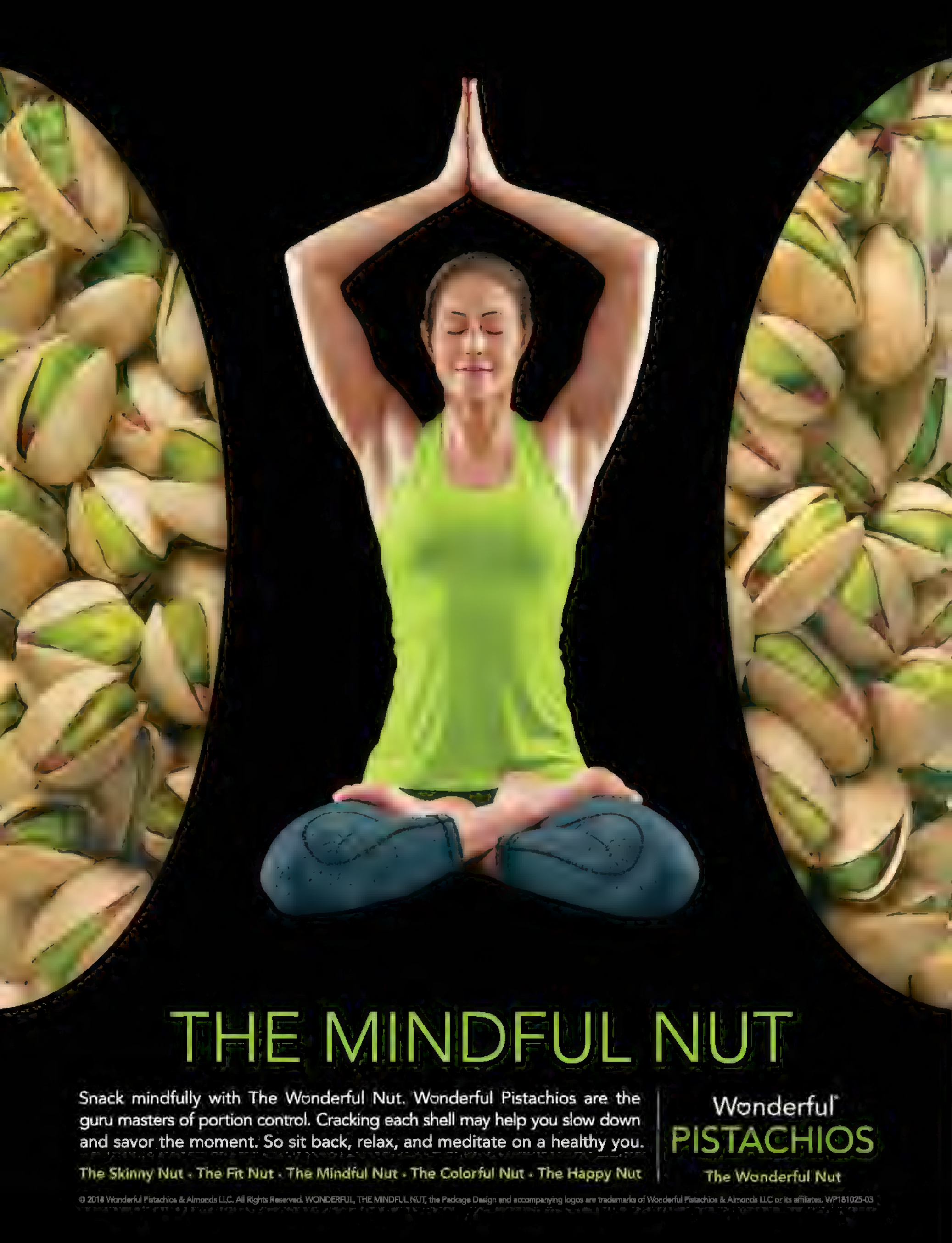
4. Remove and discard the star anise and cinnamon stick from the pomelo. Drain the pomelo in a sieve, reserving the marinade. Transfer the pomelo, ginger and chiles (if using) to a large bowl. Add 3 tablespoons of the marinade (discard the remaining marinade), the remaining 1 tablespoon oil, mango, watercress, mint, cilantro, peanuts, shallots, lime juice and salt; gently toss to combine. Serve topped with the shrimp.

SERVES 4: 2 cups each

CAL 370 / **FAT** 20G (SAT 3G) / **CHOL** 159MG / **CARBS** 16G / **TOTAL SUGARS** 17G (ADDED 3G) / **PROTEIN** 28G / **FIBER** 4G / **SODIUM** 481MG / **POTASSIUM** 902MG

London-based chef **Yotam Ottolenghi** is known for bold flavors, like he showcases in this salad. His most recent cookbook, ***Ottolenghi SIMPLE,*** is full of easy recipes for weeknight meals and more.

EVA KOLENKO, STYLING LILLIAN KANG (FOOD) CLARE MACK (PROPS); INSET JONATHAN LOVEKIN



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Bananas Foster Upside-Down Cake

ACTIVE: 10 min **TOTAL:** 45 min

The tableside flambéing of bananas Foster sure is impressive... if someone else is making it for you. This cake has all the flavors of the New Orleans classic in easier-to-prepare cake form.

- **3 tablespoons unsalted butter**
- **¼ cup packed dark brown sugar**
- **2 tablespoons dark rum**
- **4 very ripe medium bananas, cut in half lengthwise, then cut into 4-inch-long pieces**
- **¼ cup toasted chopped pecans**
- **⅓ cup all-purpose flour**
- **⅓ cup white whole-wheat flour**
- **1 teaspoon baking powder**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground cinnamon**
- **1 large egg, lightly beaten**
- **⅓ cup granulated sugar**
- **⅓ cup whole-milk plain Greek yogurt**
- **¼ cup canola oil**
- **½ teaspoon vanilla extract**

1. Preheat oven to 350°F.

2. Melt butter in a 9-inch cast-iron skillet over medium heat. Remove from heat and stir in brown sugar and rum. Return to medium heat and bring to a simmer. Cook, stirring often, for 2 minutes. Remove from heat. Arrange banana pieces, cut-side down, over the brown sugar mixture and sprinkle with pecans.

3. Combine all-purpose flour, whole-wheat flour, baking powder, salt and cinnamon in a large bowl. Whisk egg, granulated sugar, yogurt, oil and vanilla in a medium bowl. Gradually add the wet mixture to the dry ingredients, whisking until just combined (the batter will be lumpy). Carefully spread the batter over the bananas.

4. Bake until a skewer inserted in the center comes out clean, about 20 minutes. Cool in the pan on a wire rack for 10 minutes. Run a knife around the edges to loosen. Invert the cake onto a serving plate, spooning any toppings left in the pan over the cake.

SERVES 8: 1 slice each

CAL 299 / **FAT** 15G (SAT 4G) / **CHOL** 36MG / **CARBS** 37G / **TOTAL SUGARS** 23G (ADDED 15G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 197MG / **POTASSIUM** 273MG.

PHOTO BY CAITLIN BENSEL
STYLING EMILY NABORS HALL (FOOD)
CINDY BARR (PROPS) RECIPE BY VY ODOM

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GOOD HEALTH

Get-in-the-Mood Food

Put seafood on your Valentine's Day menu to turn up your sex life

By Maria Finn

Oysters and caviar aren't the only aphrodisiacs from the sea. Research shows that couples who consume any type of fish or shellfish twice a week have sex 22 percent more frequently, and the likelihood of getting it on jumped nearly 40 percent when partners ate their seafood meals together. Preliminary studies have linked fish's zinc content with healthier levels of testosterone, a hormone that drives libido and supports a happy sex life. And by sharing a meal, couples bolster their relationship and feelings of closeness. (Cue the Barry White.) Another reason to serve up some wild salmon, lobster or sushi this February 14.

CAMRON DENGEL/STOCKSY

One more way to stop counting calories? **The Cooking Light Diet** designs delicious meal plans with your weight-loss goals in mind. We did the counting so you don't have to. *cookinglightdiet.com*

Quit Counting Calories Already!

That's right, we said it. Try these 7 easier ways to tip the scale in your favor.

By Holly Pevzner

OK, OK, we know calories are important. It's basic weight-loss math: You need to eat fewer calories than you burn if you want the pounds to come off. But when you get caught up counting them, you can miss the bigger picture. After all, we eat food not numbers, and our bodies don't treat all calories the same. "One hundred calories of broccoli, for instance, is filled with fiber that satisfies hunger, but 100 calories of soda will cause a blood sugar spike and crash and actually leave you craving more calories," says Carolyn Dunn, Ph.D., R.D.N., L.D.N., a nutrition specialist at North Carolina State University in Raleigh. (You'd also be noshing 2 cups of broccoli, compared to a puny 12-ounce soda.) Besides, most people are pretty bad at tallying calories—generally erring by about 110 over or under.

The good news? There are lots (and lots!) of other ways to cut calories that are way more intuitive and conducive to getting those extra pounds off than counting. Take a look, and make *this* the year you win at weight loss.

1. Focus on quality over quantity

Here's some calorie blasphemy for you: you can cut them without even *thinking* about them. Proof? A recent study published in the *Journal of the American Medical Association* found that when dieters (both low-carbers and low-fatters) focused on getting quality eats—like vegetables and other whole foods—they inadvertently slashed 500 calories a day, in part by curbing added sugars and upping their intake of satiating fiber. "We never told anyone to count or restrict calories," says researcher Christopher D. Gardner, Ph.D., a professor at Stanford University School of Medicine. "But if you're eating foods that keep you fuller, longer, you're simply going to consume fewer of them. It's kind of impossible not to eat less."

2. Put down your phone

This is all about not being mentally out to lunch while you eat your lunch—or breakfast or dinner. Dunn conducted a study that instructed people looking to lose weight to continue eating the foods they loved—even high-cal treats—but only away from distractions, like their phones, the TV or while driving. She found that dieters who tuned in to their food lost almost 4 more pounds (on average) over 15 weeks than those who didn't. "We've all had the experience of eating while watching TV and then being dumbfounded when we discover the plate is empty," says Dunn. "When you eat while distracted, you miss out on both the enjoyment and the ability to notice when you've had enough."

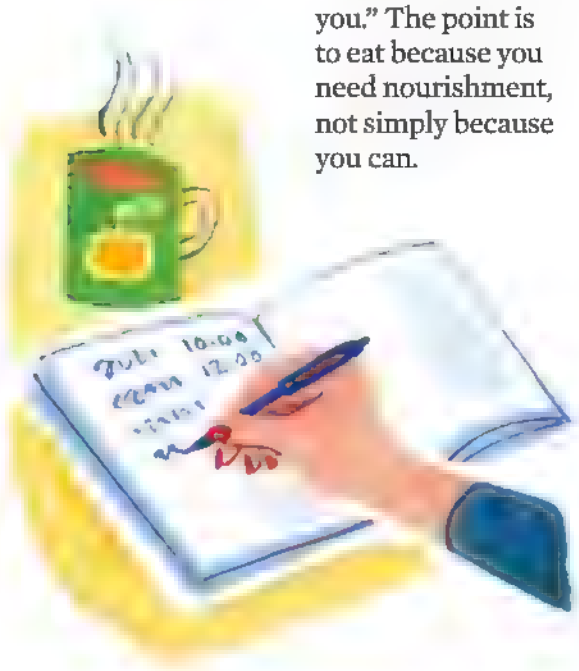
SARAH MCMENEMY

3. Linger over your meal People who eat slowly are 42 percent less likely to become obese than those who speed-eat, according to a 2018 study in the *BMJ Open* journal. Similar to eating while distracted, "When you eat more quickly, you're not allowing time for the gut hormones to signal the brain that you're full," says Dunn. Some tips to help you decelerate: put your fork down between bites; chew and swallow your food before digging in for more; and share a chatty meal with friends or family. Still having trouble slowing down? "At least wait 20 minutes from the start of your meal before considering seconds," says Dunn.

4. Count sheep, not calories You probably know that skimping on sleep can make you hungrier—but *385 calories* hungrier? That's the word from a report in the *European Journal of Clinical Nutrition*, which compared the eating habits of sleep-deprived folks to those who got adequate shut-eye. And those extra calories were not in kale-salad form. The sleepy subjects ate more high-fat, low-protein foods. The reason: "Falling short on sleep increases levels of ghrelin, a hormone that ignites hunger, and decreases leptin, the satiety hormone," says Dunn. "If you're sleep deprived, your body will take that quick energy (remember, calories equal energy) from food." And studies show that just one night of inadequate rest can mess with your brain's hunger cues. For most adults, the sleep sweet-spot is 7 hours nightly.

5. See if you're hungry in the first place Next time you're standing in front of the open fridge, pause and ask yourself: Am I actually hungry? Or am I reaching for something because I'm bored, or the food is just *there*? Eating only when you're honest-to-goodness hungry is linked to having lower body mass index, according to a report in the journal *Public Health Nutrition*.

6. Zero in on "I'm full" cues Concentrating on calories can trick you into nibbling when you've actually had enough. "You might find yourself thinking things like, 'I'm allotted 200 calories for this snack, but I've only had 100, so I can have more,' even if your hunger has already been satisfied," says Dunn. "Essentially, you start to ignore what your body is telling you." The point is to eat because you need nourishment, not simply because you can.



7. Track what you eat this way Studies show food diaries are a super-effective weight-loss tool. But instead of using one to log calories, just try tracking your *hunger*, suggests Gardner. Write down what you eat and when. Later, look back at your day and how long it took for you to feel hungry between meals and snacks. "Say you had oatmeal at 6:00 a.m. If at 8:00 you're already ravenous again, try a different breakfast the next day, like a veggie omelet topped with salsa, and see if that keeps you full until lunch," he says. It's all about cracking the satiety code and recognizing how satisfying or unsatisfying certain foods can be so you naturally eat less and wind up making better choices.

Another bonus of using this strategy: "Often, the thought of having to record junk can be enough to stop you from eating it," says Dunn. And that's a good thing, since noshing items like red and processed meats, potato chips, fries and sugar-sweetened beverages (all high-calorie foods, natch) is associated with the greatest long-term weight gain, according to a study in the *New England Journal of Medicine*.

A New Era for Chicken

Big poultry producers are dialing back antibiotics use and adopting other important practices. Bird breeds like the one you see here are helping make that happen.

By Maryn McKenna

Shrink-wrapped on Styrofoam trays, fried and tucked into a biscuit or made into sausages and cold cuts, almost all chicken has the same origin: It comes from Cornish Cross chickens—white-feathered, chubby-breasted, docile birds that weigh 5 pounds in as little as 5 weeks. It's a super-fast growth rate—and it isn't an accident. Americans eat more chicken than any other meat—an average of 93 pounds per person annually—and our outsized appetite for wings, nuggets and boneless, skinless breasts pushed the poultry industry to develop chickens that mature as quickly as possible, through decades of cross-breeding. That rapid growth rate can lead to an array of problems, like leg deformities, with animal-welfare implications. To further fast-track growth and protect against disease, these birds have also been routinely fed small amounts of antibiotics, a practice that started in the 1950s. And while the individual doses may be tiny, they add up to a *lot* of antibiotics: More than 4.87 million pounds were given to the almost 9 billion chickens raised in 2016 (the most recent year for which data is available).

But now, concern has grown over the rise of antibiotic-resistant bacteria, germs that regular antibiotics can't kill anymore, threatening animal *and* human health. In response, the meat industry is turning away from widespread use of the drugs, with poultry producers leading the charge. To do so, chicken breeders are reaching back to the genetics that heritage birds possess. Enter chickens like the red-feathered Freedom Ranger Color Yield. This breed naturally matures at a much slower pace—it's not fully grown until it's at least 8 weeks old. They have more balanced bodies, tougher bones and stronger immune systems that don't need constant doses of antibiotics. These chickens require different, more open living conditions, as well—they must be raised on pasture or let out of the barn regularly to roam freely and feed on grass.

COURTESY FREEDOM RANGER HATCHERY

Big names in chicken are backing this movement, including Perdue Farms, the fourth-largest poultry producer in the U.S. In fact, more than 90 producers, food-service corporations, fast-food chains and supermarkets have joined an initiative, spearheaded by the nonprofit Global Animal Partnership, to transition to these slower-growing chickens by 2024. "It could be as big as 10 percent of the market," says Andrew deCoriolis, executive director of the nonprofit Farm Forward, which campaigns for improved animal welfare. That percentage might seem small, but it accounts for hundreds of millions of chickens; and with poultry giants like Perdue in the mix, it represents the forward edge of a change that's expected to sweep through the industry.

Some of these birds are on the market already. But because pasture-raising doesn't fit the needs of big corporations that process millions of chickens a week, producers are working on other breeds that can thrive in industrial-sized facilities—keeping in mind that they still require space to run around and flap their wings. In order to scale-up its antibiotic-free poultry production, Perdue, for instance, is currently evaluating 11 different bird types, including heritage hybrids, as part of an enhanced-welfare program that the company created when it turned away from routine antibiotic use.

Total antibiotic use in livestock production fell 10% from 2015 to 2016. With major chicken producers adopting better practices, hopefully this trend will continue.

It's an encouraging step. And while meat from birds like the Color Yield is in short supply right now, there's already a market for it from coast to coast. In Brooklyn, wholesaler Watkins Poultry, which caters to markets and restaurants, sells more than 6,000 of the chickens each week—and Pasturebird, a southern California company, purveys about 5,000 slow-growth chickens weekly to wholesalers and restaurants.

Birds with these heritage genetics look—and taste—different than standard birds. They don't have the muscular defects that their fast-growing cousins can develop, which can affect the texture of the meat. They also have smaller breasts, and because they exercise so much, they have more muscular thighs and dark-meat rosy flesh. The result: they taste intensely chicken-y. Combine that with production practices that benefit both the birds, and us and it's a change worth crowing about.

MARYN MCKENNA *is the author of* Big Chicken. *This article was produced in collaboration with the Food & Environment Reporting Network, a nonprofit investigative news organization.*

FERN NEWS

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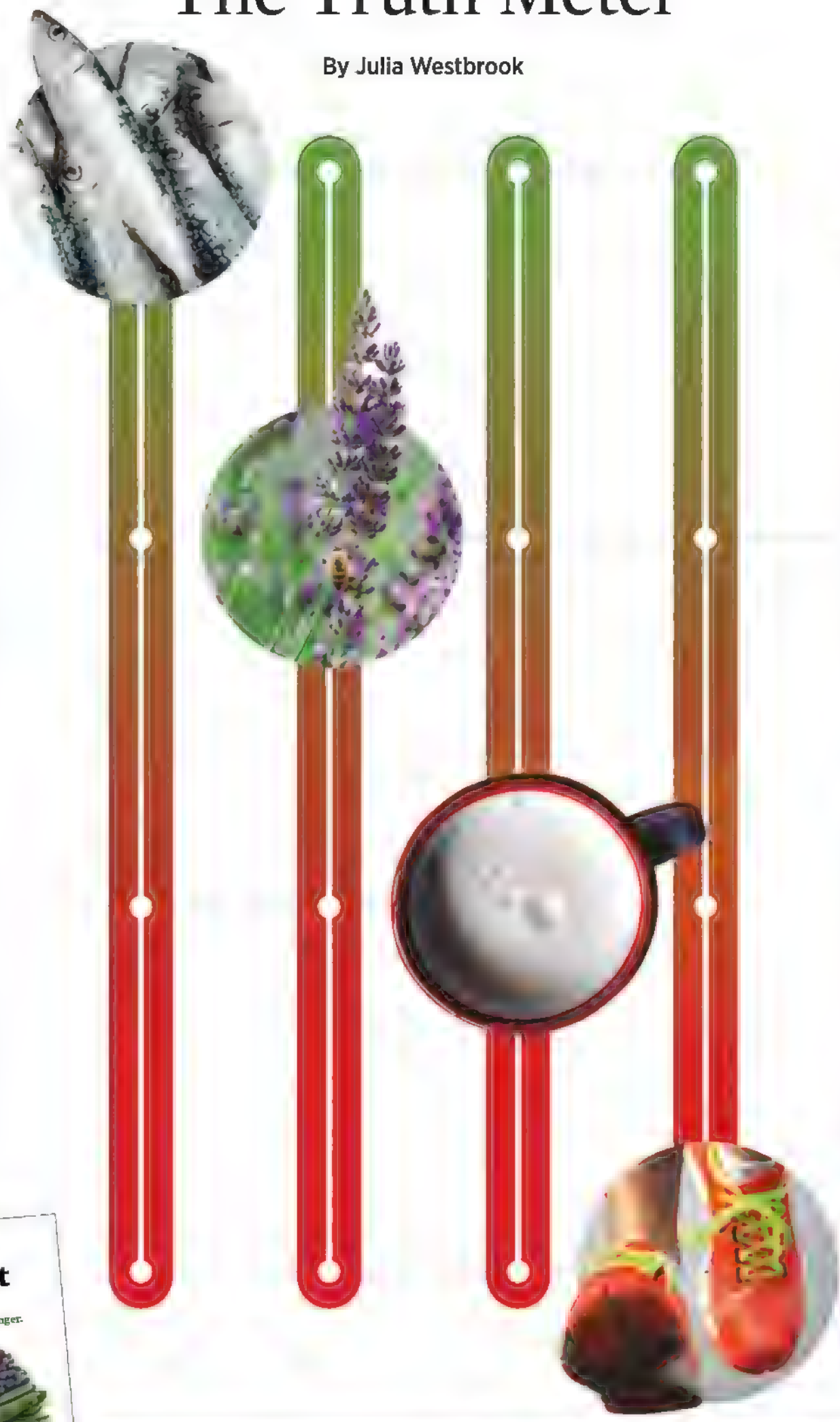
The Truth Meter

By Julia Westbrook

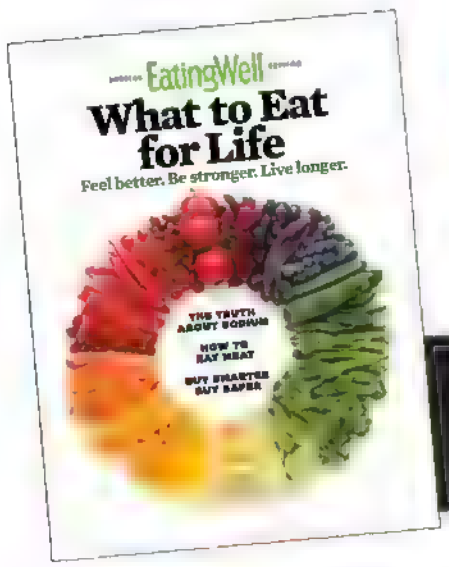


Fish Makes You Smarter
TRUE Research has found that babies born to moms who ate low-mercury fatty fish at least three times a week during pregnancy show more advanced brain development at age 2. Another study reported that school-age kids who eat fish weekly have higher IQ scores (the omega-3s may improve sleep, supporting learning). Fishy diets appear to protect against cognitive decline later in life too.

Milk Helps You Sleep Better
NOT REALLY Milk's snooze power is attributed to its tryptophan content. And research does suggest that this amino acid can help you nod off. But you'd need to gulp down about 10 cups of milk before bed to get a sleep-inducing dose. (And waking up to use the bathroom is *not* restful!)

Lavender Chills You Out
SORT OF Lavender aromatherapy has been shown to calm people down in a wide range of anxiety-provoking medical scenarios—from a routine trip to the dentist to serious surgery. However, a review of 15 studies on the herb found that while the research is promising, inconsistencies in study designs make it difficult to draw definitive conclusions. Still, it smells lovely—so it's worth a try.

Workouts Tax Immunity
FALSE In the '80s, researchers noted that many runners report post-marathon illness and concluded that exercise leaves you vulnerable to colds. But recent tests show that most of these coughs are caused by allergies or throat dryness from hard breathing. Legit colds were likely from being in a crowd (germs!). In fact, working out may *improve* immunity.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Meet the Miracle Mutts

These amazing dogs have truly earned the title of best friend. Take a look at the cool stuff these furry heroes are capable of. (Cape not included.) **By Julia Westbrook**

1 Avalanche Rescue Dogs On a powder day near Lake Tahoe, Squaw Valley ski patroller Ben Stone and his Belgian Malinois, Kaya, are ready and waiting at the top of the lift. The extra snow increases the risk of avalanche and this pair specializes in finding and saving anyone trapped in the snow. Kaya is part of the Squaw Dogs rescue team. The dogs' keen noses allow them to search an avalanche site much faster than a human can. While the six-dog team is just one tool used during emergencies, they are a valuable one when time is of the essence: having all paws on deck gives rescuers the best chance of recovering a victim alive—or, more typically, the dogs give patrollers the confidence to say there's no one out there who needs saving.

The right dog for the job is one with a high play drive that can withstand frigid mountain temperatures. "Basically, it's all a game for the dogs," explains Stone. "We teach them that finding human scents is the most fun thing in the world and they always want to do it." Breeds that tend to fit the bill include golden retrievers, Labs, border collies and German shepherds.

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2 Cancer-Detection Dogs

Research suggests that dogs can accurately identify melanoma, prostate cancer and colorectal cancer, thanks to their super sniffers. Cancer cells emit different volatile compounds than healthy ones, which means they have unique scents, at least to canines. But as cute as a Labrador in a lab coat would be, having a machine do the diagnosing is much more cost-effective. So, scientists are channeling all of that sniff data to develop new malignancy-spotting technologies. At the University of Pennsylvania, researchers are using dogs to help isolate the compound that gives ovarian cancer its smell, and creating an electronic "nose" that can detect it—making it an exciting development in the fight against a disease that's notoriously difficult to detect.

3 PTSD Service Dogs

Your pooch may make you smile, but for people struggling with post-traumatic stress disorder (PTSD), a specially trained dog can help them manage serious mental-health symptoms, like panic attacks. "Animals are very intuitive," says Deborah E. Linder, D.V.M., M.S., D.A.C.V.N., from the Tufts Institute for Human-Animal Interaction. "Dogs can notice the physical signs—your breathing is faster, maybe your eyes are darting around—even before you do." When they pick up on one of these cues, they're trained to perform a specific task, like nudging their handler to leave the triggering environment or interrupting a night terror. With a canine companion at their side, many people with PTSD regain the confidence to handle situations that had previously sparked anxiety, like being out in public or at a crowded event. To learn more about PTSD service dogs, visit *assistancedogsinternational.org*.

Rosco is a post-traumatic stress disorder companion dog who helps two-time Iraq war veteran Sgt. 1st Class Jason Syriac manage and recover from this condition. Syriac now also helps train other dogs for service members.

PJF MILITARY COLLECTION/ALAMY STOCK PHOTO

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It's Seed-Selection Season

A delicious—and unique—summer garden harvest starts with picking out special vegetable seeds now. Order from these five catalogs for a standout plot. **By Lucy M. Casale**

Johnny's Selected Seeds
JOHNNYSEEDS.COM
Every variety sold from Johnny's has been tested at the company's Maine research farm as well as at cooperating test farms all over the U.S. to make sure you get optimal sprouting. 2019 seeds to seek out: the Arriba, a high-yielding yellow jalapeño pepper, and Cherokee Purple, an heirloom tomato with vibrant green-, purple- or chocolate-colored interiors.

Kitazawa Seed Co.
KITAZAWASEED.COM
Chinese broccoli, Japanese eggplant, Thai chiles—if your mouth is watering already at the thought of these stir-fry favorites, look to this Asian-veggie seed catalog. Kitazawa carries an impressive 20 different kinds of cucumbers, fundamental to Asian cuisines. Its best-seller Hakurei turnip is practically designed for salads with its sweet taste. Or try the vibrant red Chinese cabbage (*below*) or Bora King Korean daikon radish (*right*).

Seed Savers Exchange
SEEDSAVERS.ORG
Seed Savers Exchange is a nonprofit dedicated to preserving endangered and heritage seeds. In 2019, it's introducing more than a dozen varieties, including limited editions from its bank of 20,000-plus seeds. Staff picks to look for include: the Ausilio Thin Skin Italian pepper, a moderate-to-high-heat frying pepper; Salvaterra's Select tomato, with a tangy flavor that's ideal for sauce; and the Jernigan Yellow Cabbage collard, a light yellow to light green heirloom with a buttery taste.

Baker Creek Heirloom Seeds
RARESEEDS.COM
Flipping through the vast tomato section of this catalog had us seeing visions of endless summer caprese salads. A few standouts: Brad's Atomic Grape, a little tomato that's supremely sweet; Lucky Tiger, dark green with red striping, featuring balanced acidity and tropical notes; and Gold Medal, which grows fruit as large as 4 pounds, perfect for just serving sliced with a sprinkle of salt. Tomatoes are only the beginning. It boasts nearly 2,000 heirloom varieties—the largest selection in the U.S.

Row 7 Seed Company
ROW7SEEDS.COM
In 2010, Dan Barber, acclaimed chef of Blue Hill at Stone Barns, started collaborating with vegetable breeder Michael Mazourek to create more flavorful produce for his restaurant. Their seed company officially launched in 2018. Seeds to check out include Robin's Koginut squash (*right*), the golden Badger Flame beet, so sweet and mild, and dark purple Beauregarde peas. *Online catalog only.*

Get more gardening inspiration at *eatingwell.com/plantyourplate*

plant your plate

COURTESY KITAZAWASEED.COM; JOHNNY AUTRY/ROW 7; LAUREN ALLEN/OFFSET BY SHUTTERSTOCK (CHINESE RED CABBAGE)

At Whiskey Bear in Kentucky, co-owner Daniel Marlowe (*left*) with Jesse Hawkins (*right*), founder of the Mocktail Project, uses classic cocktail techniques, such as burning an orange peel, to make mocktails that are just as upscale—and tasty—as anything boozy.

Shaken, Not Slurred

So long, saccharine Shirley Temples. Crafted mocktails are coming to your local bar. Meet the guy making it happen. By Summer Miller

A Negroni that gets its bitter bite from coffee instead of Campari. A bloody mary made with bourbon-barrel smoked soy sauce. A hot toddy that'll warm you from the inside out with tea, lemony essential oil and classic mulling spices. They're all delicious, and all made without alcohol. This is the future of mocktails, and it's Jesse Hawkins' vision to bring them to a bar near you.

Disappointed in the lack of satisfying sans-alcohol options (how many virgin Cape Codders can one guy drink?!), Hawkins founded the Mocktail Project in 2017. "We are a movement encouraging inclusivity," he says. Based in Louisville, Kentucky—the heart of bourbon country—it's dedicated to getting bars, distilleries and restaurants to add at least one craft mocktail to their regular drink roster. In its first 18 months, the project worked with more than 35 establishments. And for Hawkins, who battled and overcame alcohol addiction, the nonprofit is about more than just a fun night: a percentage of sales from each drink (typically $1) goes toward alcohol recovery programs and outreach efforts.

The key to creating any great drink is getting the right balance of flavors. At Whiskey Bear, a participating Mocktail Project bar in Lexington, mixologists create complexity with shrubs (a vinegar-and-fruit concoction), fresh and dried herbs, and vegetable juices from produce like cucumbers or beets. "We apply the same approach as we do with our cocktails," says co-owner Daniel Marlowe. "If you are in a social situation and don't like your nonalcoholic options—water, soda or something sugary—it's not the same experience as someone who is having a crafted beverage." So whether you're skipping booze for the night, dry January or a lifetime, you'll get something worth a toast.

Derby Dry

Recipe by Daniel Marlowe

Combine 3 Tbsp. each **cranberry juice** and **grapefruit juice**, 1 Tbsp. **honey simple syrup** (*see Tip*) and 1½ tsp. **lemon juice** in a cocktail shaker. Fill with **ice**. Shake well. Strain into a martini glass. Top with 1 Tbsp. **ginger ale**. Garnish with an **orange twist**.

SERVES 1: ½ cup • **CALORIES:** 82

TIP: *Heat ¼ cup each honey and water in a small saucepan until dissolved. Cool before using. Refrigerate remaining syrup for up to 1 week.*

+MIX IT UP Check out more mocktail recipes at eatingwell.com/mocktails

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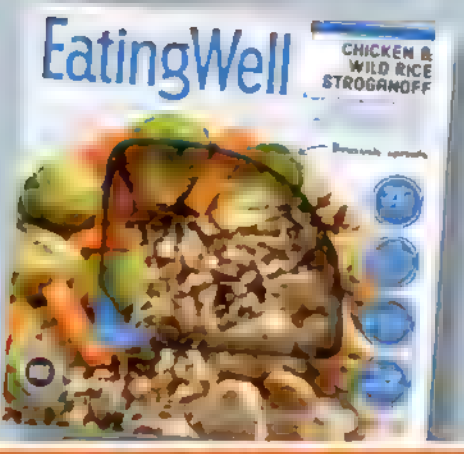

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The Art of the Meal

Here, 5 museums where the eats are as inspired as the art.

Chicago

The menu at **Terzo Piano**, brainchild of James Beard Award-winning chef Tony Mantuano, is contemporary Italian-Mediterranean. The space has a spare aesthetic, and Mantuano partners with *chef di cucina* Carolina Diaz to create similarly simple dishes, starring seasonal ingredients, such as cocoa pappardelle with bolognese, mushroom and spinach flatbread, and a crispy Brussels sprout salad with pomegranate seeds. Remember to look up from your plate at the striking city skyline view. *terzopianochicago.com*

Washington, D.C.

Helmed by chef Jerome Grant, **Sweet Home Café** sends diners on a journey through four African-American regional cuisines: North States, Agricultural South, Creole Coast and Western Range. You'll find Gulf shrimp served over creamy, stone-ground grits, and a spicy oxtail pepperpot, a stew from Guyana that nods to the Northeast's Caribbean and West Indian immigrant communities. Carla Hall serves as the café's culinary ambassador (*for more on her, see page 84*). *nmaahc.si.edu*

Seattle

"In a museum, it's critical food be as visually compelling as the art," says executive chef Josie Urbick of **Taste**. Reminiscent of a gallery—white and clean with chrome accents—this café focuses on organic and local ingredients from nearby areas of Washington and Oregon. Urbick works directly with her suppliers to get the bounty at its peak for dishes like fire-roasted squash topped with harissa-maple butter, or a winter salad of farro, golden beets, dried cherries, walnuts and a rosemary vinaigrette. *tastesam.com*

New York City

Wander through the bold collection before heading for a dazzling lunch at this equally modern restaurant, **Untitled**. Floor-to-ceiling windows frame the lofty space and funnel sunlight onto chef Suzanne Cupps' vibrant creations—making each dish feel like an art installation in itself. Highlighting ingredients in season, her small plates—including roasted carrots drizzled with cashew butter and candied ginger, or Montauk blackfish, served poke-style with subtly smoky Fresno peppers—are designed to be shareable. *untitled atthewhitney.com*

ERIC WOLFINGER (2) INSET EKEVARA KTPOWSONG

My Messy Valentine

A romantic-dinner survival guide

By Sarah Schmelling

So your partner wants to cook Valentine's dinner for you. He says, "Don't worry about a thing! I found a recipe and bought all the ingredients. Let me pamper you." Fabulous, right?

No. Not fabulous. Terrifying. Sure, some of you may have a significant other with heart-melting culinary skills. Your partner may be a professional chef, a food blogger or someone who, in midlife, just got really great at bread. Good for you!

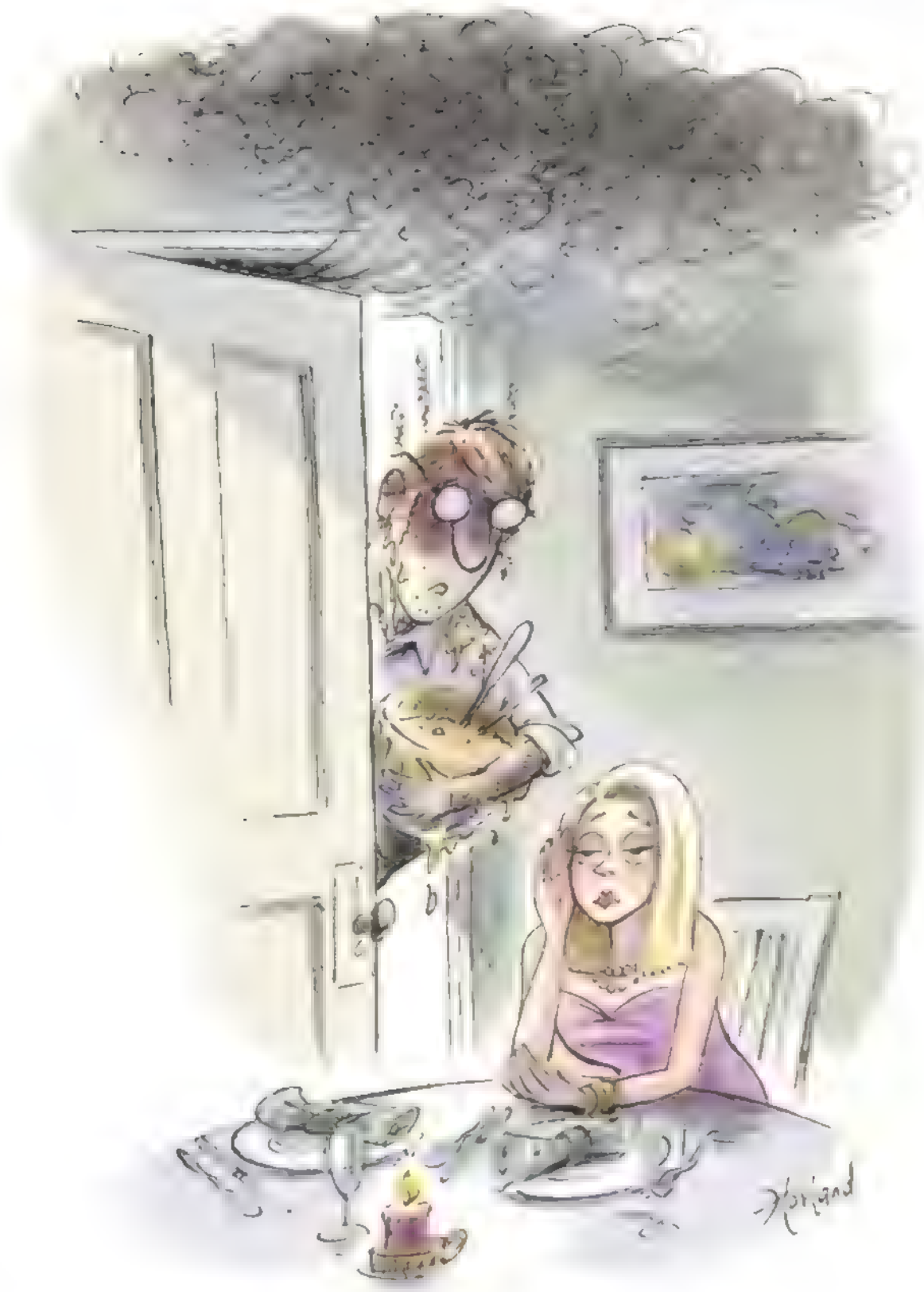
Mine isn't, and I don't know anyone who could watch their special someone make an omelet—breaking eggs in a way that resembles a road-rage incident, whisking like the Muppets' Swedish Chef—and consider that anything close to "hot."

My husband, for example, makes fantastic pancakes—much better than I do. But I decided long ago that I can't be near him when he's making them. First, he puts all of the ingredients, wet and dry, in a large, glass liquid measuring cup like a parfait. He somehow uses several burners in the process, often leaving empty pans sitting on them. He flips loudly and aggressively. (Think: John McEnroe in his heyday.) Cabinet- and drawer-banging abounds. The aftermath looks like a pack of squirrels infiltrated the kitchen and took turns swan-diving into the batter.

And yet, the pancakes taste superb, which makes it all the more important that I don't deter him by sitting there, inspecting his technique like the judgiest judges on *Chopped*. So I must wait elsewhere until the maple syrup is *on* the table (hopefully in a bottle and not literally on the table, but that wouldn't be a shocker. See: squirrels).

I should say here that I'm no expert in the kitchen, and this isn't really about cooking snobbery. It's that thing where you've been with someone a long time, you think you know him, and then you see him walking around with oven mitts lodged in both armpits, using a potato masher to stir fettuccine. It might be enlightening, a good reminder that we all have our own ways of doing things. But at least for me, it's not, in any way, sexy.

So what can you do when your could-be-on-*Nailed It!* partner wants to be romantic and make you a lovely Valentine's Day meal? Some dos and don'ts to help you through it:



"Honey, have you seen the fire extinguisher?"

GARY HOVLAND

DO: Say the smells coming out of the kitchen remind you of your grandma's house.

DON'T: Mention it was the *other* grandma, the one who almost always ordered takeout, and whose trademark dish was something called "Meat and Ketchup."

DO: Be positive! Say things like, "I've never seen that color before!" or "It's funny how 'bulb' of garlic and 'clove' of garlic sound so similar, and yet they're very different things!"

DON'T: Put your hands over your eyes and sob, "Why would you do that to a zucchini?"

DO: Celebrate creativity. While you're ~~hiding~~ waiting for this Valentine's masterpiece in a far-off room, remember that all great artists think outside of the box. (Which your partner is obviously doing now, with dry ice seeping under the door and crabs scurrying across the foyer when you thought he was making lasagna.)

DON'T: Forget to duct-tape some emergency backup snacks under your chair in case your partner places the main dish in front of you and you suddenly "remember" you're allergic to... whatever you think it might be made of.

But in the end, you should, um, *savor* this opportunity as much as possible. It's a sweet thing to do, and it could quite possibly be a wonderful, or at the very least memorable, meal.

Plus, be grateful: your partner could have asked you to cook the meal *together*.

SARAH SCHMELLING *is a Maryland-based humor writer and the author of* Ophelia Joined the Group Maidens Who Don't Float.

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All the Alt Milks

Plant-based "milks" seem to be taking over the supermarket. We sampled 64 cartons (!) in 14 categories to find five truly delicious winners. Turn the page to see our picks.

MAREN CARUSO, STYLING ALICIA DEAL (FOOD) JENNIFER THOMAS (PROPS)

Mooove Over, Bessie

Hazelnut. Banana. Pea. Walnut. There are tons of nondairy milks on the market and they can taste radically different—creamy or chalky, delightful or dishwatery. We set out to find the best unsweetened, unflavored versions. Here's what to consider, nutrition-wise. By Julia Westbrook

Watch the Added Sugar
Nondairy milks vary widely in sugar content. Some deliver 28 grams per cup! And most of it is added sugar, which studies have linked to an increased risk for heart disease, obesity and type 2 diabetes. (Cow's milk also contains sugar, but it's naturally occurring lactose, which doesn't come with the same health concerns.) So we say: opt for an unsweetened sip. Make sure there are no added sugars in the ingredient list.

Know That Not All Have Protein
Alt milks tend to be much lower in protein than cow's milk (which has 8 grams per cup). If protein is important, soy and pea milk have the most. Our soy pick has 7 grams per cup!

Contemplate Calories
If you're looking to shave calories, nut milks are a good way to go. Some come in at just 25 calories per serving—a quarter of the amount in cow's milk.

Opt for Fortified
While cow's milk has calcium and most are fortified with vitamin D, plant-based milks are inconsistent. Some deliver neither of these nutrients and others are on par—serving up about 30 percent of your daily value of each. We recommend choosing ones fortified with these nutrients, which most Americans don't get enough of. (Our coconut pick doesn't have added vitamin D, but it does have calcium and vitamin A, another nutrient we tend to fall short on. Plus, it's just *that* delicious.)

A Word on Additives
Emulsifiers that create the creamy mouthfeel you associate with cow's milk are super-common in this category. We spotted gellan gum, locust bean gum, carrageenan, and soy and sunflower lecithin. Carrageenan is the only one with a somewhat questionable record. Fortunately, it's not a concern for most people, but if you have a history of G.I. issues, look for products made without it.

Our Editors Top Picks

Oatly Oatmilk The Original
This bevvie was hands-down our favorite oat milk. It delivers delicious, natural sweetness (with no added sugar) and oat-y toastiness.

Silk Organic Soymilk Unsweetened
Velvety and smooth with a welcome hint of vanilla, this is a great all-purpose milk replacement. (Pleasure to meet you, cereal!)

Milkadamia Unsweetened Macadamia Milk
Yep, there's even macadamia milk out there and the tropical nut makes this beverage buttery and subtly sweet.

Almond Breeze Almond Cashew Unsweetened Original
Creamy and the most luscious of the bunch, this pick is perfect in coffee. And it only has 25 calories per cup.

Vita Coco Coconut Milk Original
Popping the top on this jug is like cracking open a fresh coconut. "No fakey suntan-lotion flavor here," said Shaun Dreisbach, nutrition & features editor.

MAREN CARUSO, STYLING AL C'A DEAL (FOOD), JENNIFER THOMAS (PROPS)

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10 Superfood Snacks

When you need an afternoon bite, why not grab one with benefits? These 10 faves pack a healthy punch and taste delicious too. **By Joyce Hendley**

Pomegranate Seeds OK, technically called arils. Eat 'em like popcorn and get lots of inflammation-fighting polyphenols in every refreshingly tart-sweet handful. Look for them in the ready-to-eat produce section.
72 calories per ½ cup

Manitoba Harvest Hemp Heart Bites Chocolate These nuggets made with shelled hemp seeds are the definition of superfood: loaded with protein and iron (25 percent DV) and heart-healthy fats. Not to mention a crunchy chocolate fix.
230 calories per 10 pieces

Wholly Avocado Minis. Use these 2-oz. mini cups as a guac-a-licious dip to turn dunkable vegetables like baby carrots and mini bell peppers into a satisfying snack. Bonus: heart-friendly mono fats and 2 grams of fiber.
120 calories per 2-oz. mini cup

Lifeway Plain Lowfat Kefir Fermented dairy products like yogurt and kefir pack plenty of gut-friendly probiotics and are great sources of calcium (30 percent DV). Because it's drinkable, kefir is a perfect grab-and-go snack.
110 calories per 8-oz. bottle

Rhythm SuperFoods Kale Chips Original Cruciferous, green and leafy, kale ticks so many nutrition boxes, with antioxidants and fiber in spades. These are almost as tasty as homemade and deliver 3 grams of fiber and 25 percent of the DV for vitamin A.
130 calories per 1 oz.

Egg.
D'oh! Of course. Hard-boiled, this is the original portable snack, loaded with 6 grams of protein, lutein and zeaxanthin for eye health, and hard-to-find choline (27 percent DV).
70 calories per large egg

Saffron Road Crunchy Chickpeas, Bombay Spice Roasting turns chickpeas crunchily snack-worthy. Boasting 5 grams of fiber and 6 of protein, they're made with healthy sunflower and/or canola oil and just a touch of salt (150 mg sodium).
130 calories per ¼ cup

Mush Overnight Oats, Apple Crisp Flavor Whole-grain by nature, oats are famously rich in cholesterol-lowering soluble fiber. Here, they're snackable hot or cold, softened in almond milk and slightly sweetened with dried cranberries—tastily boosting fiber to 7 grams.
280 calories per 1-cup pod

Unsalted Dry-Roasted Peanuts Just about any nut has superfood cred, but peanuts (technically legumes) are the most protein-filled of the lot—7 grams—and loaded with heart-friendly monounsaturated fat and phytosterols.
160 calories per 1 oz. (about ¼ cup shelled)

Frozen Edamame Pods These beans have a whopping 10 grams of plant protein per ½ cup—and more fill-you-up fiber than a bran muffin (6 grams). And the pods are just too fun to open and eat!
100 calories per ½ cup

MAREN CARUSO, STYLING AL C'A DEAL (FOOD); JENNIFER THOMAS (PROPS)

+ON THE GO See more of our top ready-to-eat picks at eatingwell.com/goodfoodfast

YOU & ALMONDS

VS.

MASTERING VRIKSASANA. AND ALSO PRONOUNCING IT.

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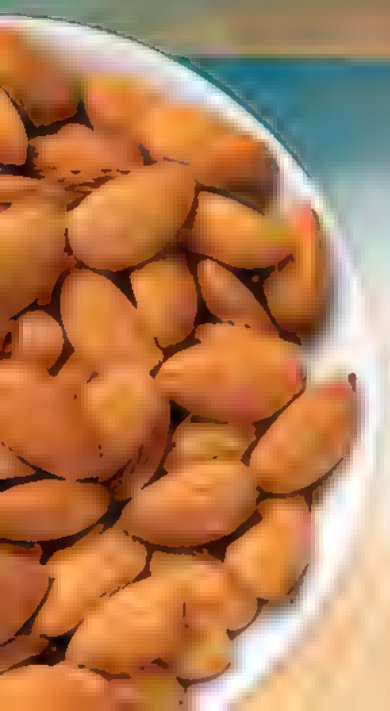

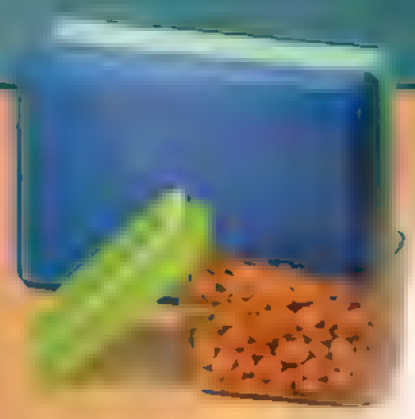

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Cauliflower Gnocchi

Yes, this crucifer-turned-Italian-dumpling is having a moment. These pillowy-soft bits are a great gluten-free, vegan pasta fix—and, well, they're cauliflower. Compared with traditional potato gnocchi, they shave off some calories (140 per cup vs. 227) and have less than half the carbs (22 vs. 48) and 2 grams more fiber (6 grams). So far, we've only found them at Trader Joe's, but with their Instagram cred, we're guessing we're about to see more. (Are you listening, food industry?) Best of all, a bag of cauliflower gnocchi can turn into a satisfying dinner in just minutes. Try these ideas for starters (all make 4 servings).

By Joyce Hendley

1 White Bean-Sage
Brown gnocchi in a skillet in butter and olive oil, about 5 minutes. Add a can of drained white beans, 1 Tbsp. crumbled dried sage and a splash of water; simmer, covered, 5 minutes. Sprinkle with salt and freshly ground pepper and serve on a bed of baby arugula.

2 Shrimp Oreganata
Cook gnocchi according to package directions. Microwave a pint of halved grape tomatoes, a little olive oil, a teaspoon or two of minced garlic, a sprinkle of oregano and a pinch of salt until softened, about 1 minute; stir in cooked gnocchi and cooked peeled shrimp.

3 Creamy Salmon & Sugar Snaps
Microwave 3 cups sugar snap peas until tender. Cook gnocchi according to package directions. Stir 4 Tbsp. cubed cream cheese in a nonstick skillet just until melted. Stir in gnocchi, sugar snaps and a dollop of plain Greek yogurt. Top with flaked smoked salmon and a sprinkle of pepper.

4 Spinach-Artichoke-Sausage
Microwave a 10-oz. package of frozen chopped spinach until hot; squeeze dry. Brown gnocchi in olive oil in a nonstick skillet, about 5 minutes. Stir in a diced cooked Italian turkey sausage link, a 14-oz. can of drained quartered artichoke hearts and the spinach. Heat through and sprinkle with grated Parmesan.

5 Red Cabbage-Apple
Microwave 3 cups shredded red cabbage until softened. Brown gnocchi in olive oil in a large nonstick skillet, about 5 minutes. Stir in the cabbage and a splash of water; cover and cook, stirring occasionally, until the water evaporates. Stir in ½ cup unsweetened applesauce and a dollop of Dijon mustard; heat through and season with pepper.

6 Two-Cauli Carbonara
Brown gnocchi in olive oil in a large nonstick skillet, about 5 minutes. Add 2 cups riced cauliflower, 3 pieces crumbled cooked bacon and ⅓ cup water; cover and cook, until everything's soft. Beat 2 pasteurized eggs with ½ cup grated Romano cheese and pepper; remove from heat and stir into gnocchi to coat.

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Best at the 'Bucks

So you stop in for that half-caf skinny grande latte—and the free WiFi—but you can cobble together a more-than-decent breakfast and lunch at Starbucks too. Here's what we're ordering. By Joyce Hendley

Best Breakfast

Spinach, Feta and Cage-Free Egg White Breakfast Wrap

(290 CAL)

Optional Add: Seasonal Fruit Blend Cup (90 cal)

The Classic Oatmeal will always be our healthy go-to (especially when the Oatmealista lets us order it made with milk), but we love this wrap's savory simplicity. Wish the sodium tab (830 mg) was a bit lower—but with 19 grams of protein and 6 grams of filling fiber, it will keep you full till lunchtime. Add a fruit cup to amp fiber up to 10 grams—well on the way to the daily reco of 25 to 30 grams.

Best Lunch

Lentils & Vegetable Protein Bowl with Brown Rice

(650 CAL)

Think vegan bowls are boring? Here's 23 grams of plant-based protein looking at you—plus deep-colored, nutrient-packed veg like kale, broccoli, butternut squash and beets. Lentils and whole-grain brown rice boost fiber to a mighty 21 grams (wow!) and the lemon tahini dressing is tangy-tastic.

Best Icy Drink

Unsweetened Passion Tango Iced Tea

(0 CAL)

Yup, tap water's healthy (and free) but for some cold calorie-free excitement—and heart-healthy antioxidants—you can't beat the Shaken iced tea line. We love this black tea with hints of hibiscus, lemongrass and apple. With ice, it feels like a cocktail.

Best Coffee Drink

Short Flat White with Nonfat Milk

(60 CAL)

A flat white, which is somewhere between a cappuccino and a latte, gives you those frothy-coffee-drink feels, plus a hefty hit of calcium (about a quarter of your daily requirement). The not-always-advertised 8-oz. "short" size is worth the ask, to keep calories in check.

MAREN CARUSO STYLING AL CA DEAL (FOOD) JENNIFER THOMAS (PROPS)

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COFFEE & SUGAR

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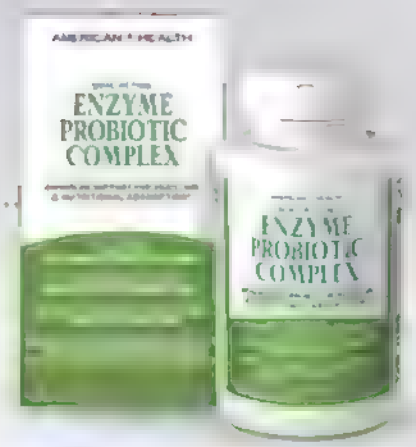

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maui's greener side

Nestled on the slopes of Haleakala—high above the sea and sunbathers—lies an idyllic organic farm that's leading the island's shift toward locally grown food

BY STEFANIE ELLIS

Maui is famous for its beaches, surfing and sunshine, but head into the upcountry—an elevation of 3,500 feet—and you're in an entirely different universe: trees and grass blanket the hills, the color so green it looks like an Instagram filter; abundant rain helps cool the air 10 to 20 degrees below the more populated parts of the island; and cattle graze on verdant pastures.

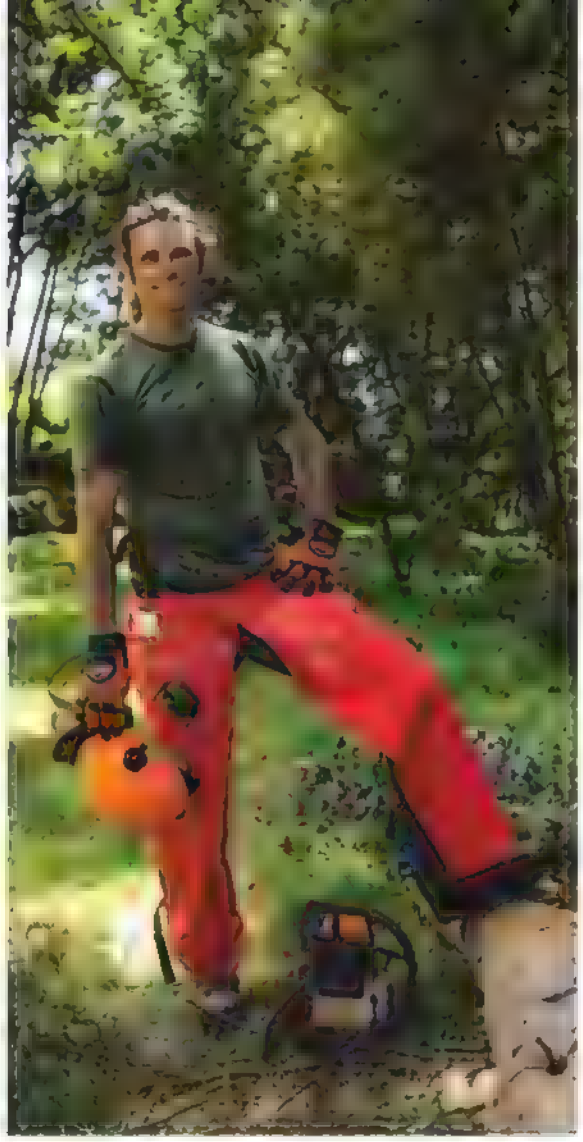
In the heart of this botanical wonderland, set on the side of Haleakala volcano, is O'o Farm. Its 8 acres of fruits and

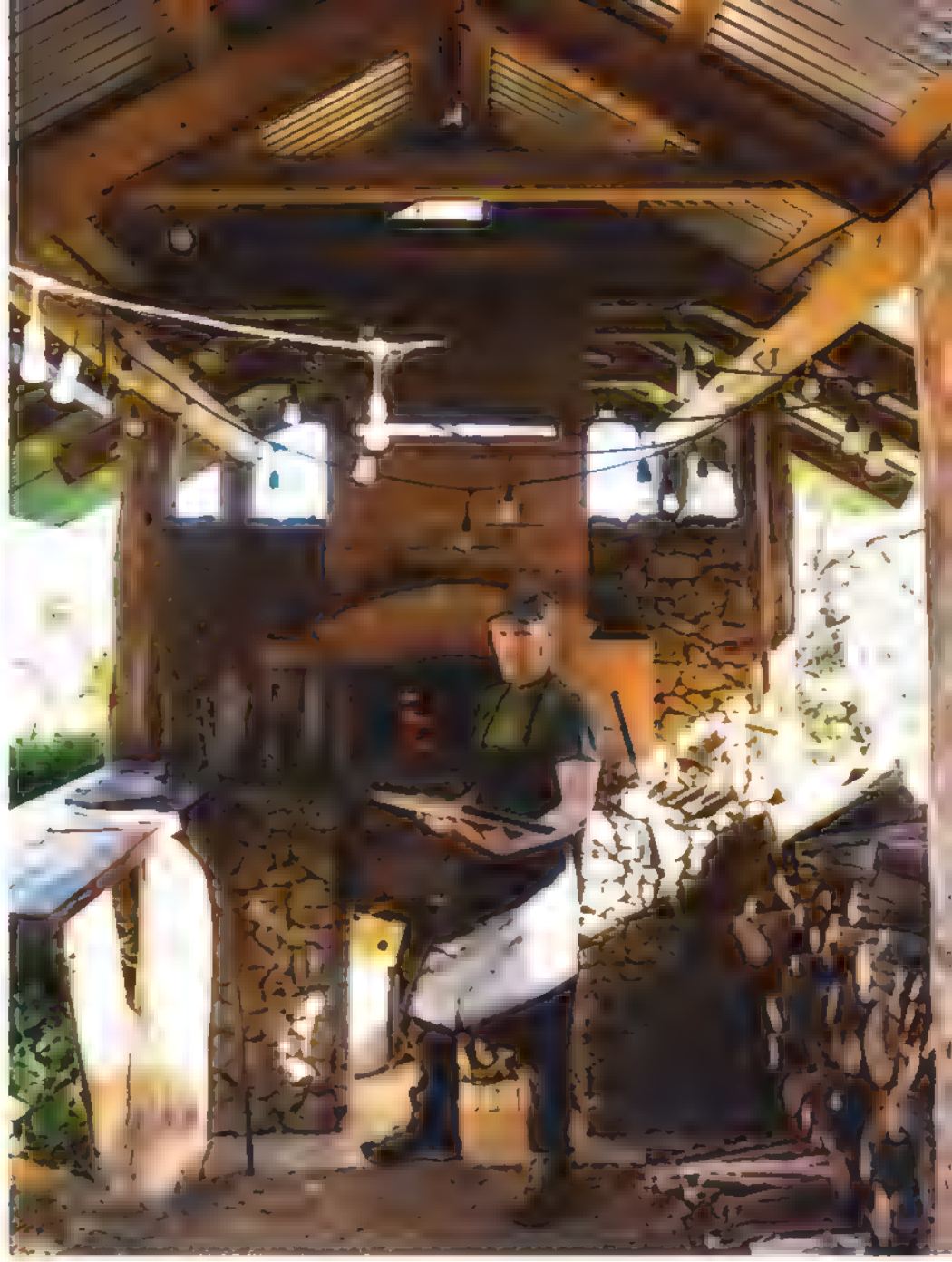
RECIPES ADAPTED FROM
CHEF GREG HARRISON, PACIFIC'O RESTAURANT

LOCATION PHOTOGRAPHY
by **DANA EDMUNDS**

FOOD PHOTOGRAPHY
by **LEIGH BEISCH**

"We grow 1,000 pounds of produce a month directly for our chefs based on what they want to serve," says farm manager Ancil Clancy *(near right)*. Those fruits and veggies star in chef Daniel Eskelsen's wood-fired dishes at O'o Farm *(right)* as well as at the oceanside restaurant Pacific'O. Co-owner Stephan Bel-Robert *(below right)* says the farm's unique altitude is ideal for growing both tropical produce, such as papaya, and things like leeks normally found in cooler U.S. climes.





Coconut-Crusted Ahi with Tropical Salsa & Peanut Sauce

vegetables—figs, pears, finger limes, root vegetables, purple Romanesco cauliflower, citrus, apples—and coffee trees are part of a business model larger than just food production. O'o also opens its fields for breakfast and lunch tours. Visitors are guided through the rows of produce—say, picking lettuce for a salad to be tossed with a smoked tangerine vinaigrette—then sit down to a three-course meal under an arbor and a canopy of trees, with the mountains and farm as a backdrop.

It's hard to imagine that this thriving farm, which first grew roots in 2000, might never have existed. Back in 1993, when business partners Stephan Bel-Robert and Louis Coulombe were looking to open a restaurant in Lahaina, farming was the farthest thing from their minds. Bel-Robert had come to Maui for the surfing, but was raised in a restaurant family in France and always knew he wanted to open his own place someday. And when he and Coulombe were scouting beachfront locations, they had just one requirement: it must be near prime surfing. However, soon after Pacific'O opened—serving inventive seafood dishes, like the Coconut-Crusted Ahi with Tropical Salsa & Peanut Sauce on page 81—they grew disenchanted with the fact that nearly all of their produce had to be shipped in from the mainland.

At the time, Hawaii's regional food movement was just getting its foothold, and the demand for produce was higher than the local supply chain could support. "The agricultural industry on Maui in the '90s was based on sugarcane, papaya and pineapple," recalls Bel-Robert. "It was frustrating, because everything we got from the mainland was picked too early and was unripe or unsweet. We noticed the lack of freshness and flavor, and our customers were noticing as well." So the duo added another mandate: to grow their own fruits and vegetables. They purchased O'o in 2000, becoming the first restaurateurs on the island to also farm their own produce. Today, the farm supplies most of the fruits and veggies for Pacific'O, along with their other businesses, Feast at Lele luau, Aina Gourmet Market and the O'o farm tours.

Like its owners, the land has also benefited from some pretty big changes. "When we started, my son was just learning to walk. We were farming conventionally and there were skull signs everywhere indicating chemical spray. I knew there was something better we could do," says Coulombe. "We visited Ono Organic Farms in Hana, and got so inspired we decided to use the same practices. We knew organic would be good for the vegetables, the farmer, the soil, the water and the customer. Seeing my son walking through the orchard—suddenly, everything looked right." Adds Bel-Robert: "Having a farm changes you. It helps you slow down and appreciate everything that comes from that natural process. When I'm there, even for just a day, I feel like I've had a week's vacation."

STEFANIE ELLIS *is a Seattle-based food and travel writer.*

WHERE TO STAY AND OTHER MAUI MUST-DOS

For convenient access to O'o Farm, and an authentic feel of Maui's upcountry allure, stay at **Lumeria Maui.** Its secluded Zen environment, including on-site garden and yoga classes make it a restful home base after a day of island activities. Rooms from $279 per night; *lumeriamaui.com*

In a tiny parking lot on Omaopio Road and the Kula Highway, the **Wednesday Farmers' Market** is not to be missed. This often-overlooked gem offers rare finds like Buddha's hand citron, poha berries, cherimoya and yacon, a tuber commonly used as a natural sweetener, as well as homemade Indian food. Open Wednesdays, 8 a.m. to 1 p.m.

Set in the laid-back surfing community of Paia—a quick drive from upcountry Maui—the **Paia Inn** is a charming boutique hotel steps from the water, with private beach access. It's the perfect place to stay if you want to be near the beach but have easy access to greener pastures. Rooms from $199 per night; *paiainn.com*

While visiting Paia, check out **Flatbread Company**, whose build-your-own No Boundaries salad is as fresh as you can get, with local beets, goat cheese, green papaya and other add-in options from local farms. *flatbreadcompany.com/maui*

Kuta Pickled Beet Salad

Jasmine Rice Gnocchi with Red Pepper Puree

Huli Huli Chicken with Pineapple-Ginger Sauce

Jasmine Rice Gnocchi with Red Pepper Puree

ACTIVE: 1¼ hrs **TOTAL:** 1 hr 25 min

These may look like Italian gnocchi with red sauce, but one bite reveals more Japanese than Italian influence, because these "gnocchi" are made with jasmine rice. To make sure they hold together, form them while the rice is still quite warm and use glutinous sweet rice flour.

GNOCCHI

- **2⅔ cups water**
- **1½ cups brown jasmine rice**
- **¼ cup sliced fresh ginger**
- **1 3-inch stalk lemongrass, halved lengthwise**
- **¾ cup sweet rice flour (mochiko), plus more for rolling**
- **½ teaspoon salt**
- **¼ cup canola oil, divided**

RED PEPPER PUREE

- **3 large red bell peppers (about 1½ pounds)**
- **2 tablespoons canola oil**
- **1¼ cups diced yellow onion**
- **⅓ cup cherry tomatoes, halved**
- **3 tablespoons dry white wine**
- **1½ tablespoons red-wine vinegar**
- **¼ cup water**
- **½ teaspoon salt**
- **¼ cup shaved Pecorino cheese**

1. To prepare rice for gnocchi: Combine water, rice, ginger and lemongrass in a large saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer until the rice is tender and most of the liquid has been absorbed, about 35 minutes. Discard the ginger and lemongrass.

2. Meanwhile, prepare pepper puree: Position rack in upper third of oven; preheat broiler.

3. Place bell peppers on a baking sheet and broil, turning every 5 minutes, until charred and softened, 15 to 20 minutes. Transfer to a large bowl, cover and steam for 10 minutes.

4. Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and tomatoes; cook, stirring occasionally and reducing the heat if necessary, until the onion is golden brown, 8 to 10 minutes. Add wine and cook, scraping up any browned bits, until it has evaporated, about 1 minute. Remove from heat and add vinegar.

5. Peel, seed and chop the peppers. Transfer to a blender along with the onion mixture, water and salt; puree until smooth. Transfer to a medium saucepan; set aside.

6. To prepare gnocchi: Transfer the hot rice to a stand mixer with a paddle attachment. Add ¾ cup rice flour and salt; beat on medium speed until the mixture begins to clump and come together as a sticky dough. Transfer the dough to a cutting board lightly dusted with rice flour. Shape into a 10-by-4 inch rectangle about 1 inch thick. Using a sharp chef's knife or pastry cutter, cut the dough crosswise into 1-inch strips. Dust your hands lightly with rice flour and roll each strip into a 6-inch-long log about 1 inch wide. Cut the logs into 1-inch pieces. Place the gnocchi on a baking sheet lightly dusted with rice flour.

7. Heat the sauce over low heat, stirring occasionally.

"We knew organic would be good for the vegetables, the farmer, the soil, the water and the customer."
—Louis Coulombe

8. Wash and dry the skillet. Heat 2 tablespoons oil in the skillet over medium heat. Cook half of the gnocchi, stirring occasionally, until browned, about 5 minutes total. Transfer to a plate. Repeat with the remaining oil and gnocchi. Serve the gnocchi with the pepper puree and Pecorino.

SERVES 5: 1 cup gnocchi & ⅔ cup sauce each

CAL 492 / **FAT** 20G (SAT 3G) / **CHOL** 6MG / **CARBS** 68G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 6G / **SODIUM** 354MG / **POTASSIUM** 314MG

Ceviche

ACTIVE: 15 min **TOTAL:** 6¼ hrs (including 6 hrs marinating time)

TO MAKE AHEAD: Refrigerate for up to 1 day.

An acidic combination of citrus juices "cooks" fresh fish to make ceviche. Yuzu looks like a bumpy lemon and is prized in Japanese cuisine for its distinctly aromatic juice and rind. Buy yuzu juice in Asian markets and online, or substitute more lemon juice.

- **1 pound skinned firm white fish, such as mahi-mahi *or* cod, cut into ½-inch pieces**
- **½ cup lemon juice**
- **½ cup lime juice**
- **2 tablespoons yuzu juice**
- **1¼ teaspoons kosher salt, divided**
- **¾ cup diced seeded cucumber**
- **½ cup chopped seeded tomato**
- **⅓ cup minced red onion**
- **3 tablespoons chopped fresh cilantro**
- **1-3 teaspoons minced serrano *or* jalapeño**

1. Combine fish, lemon, lime and yuzu juices and 1 teaspoon salt in a large nonreactive bowl. Cover and refrigerate, stirring occasionally, until the fish is opaque, about 6 hours or up to 1 day.

2. Drain the fish and return to the bowl. Add cucumber, tomato, onion, cilantro, chile to taste and the remaining ¼ teaspoon salt.

SERVES 8: ½ cup each

CAL 56/ **FAT** 0G (SAT 0G) / **CHOL** 41MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 0G / **SODIUM** 138MG / **POTASSIUM** 294MG

Coconut-Crusted Ahi with Tropical Salsa & Peanut Sauce

ACTIVE: 1 hr 10 min **TOTAL:** 1 hr 10 min

TO MAKE AHEAD: Refrigerate peanut sauce (Steps 1 & 2) for up to 3 days. Thin with water to desired consistency.

A fragrant peanut sauce sends this tropical tuna dish over the top in terms of flavor power per bite. To make the sauce quickly and easily in a blender, we've bumped up the volume of ingredients so you'll have some leftovers. It works great for making peanut noodles or as a dipping sauce for just about anything (Photo: page 76.)

PEANUT SAUCE

- **1 tablespoon canola oil**
- **1 3-inch piece lemongrass, coarsely chopped**
- **3 cloves garlic, coarsely chopped**
- **1 1-inch piece fresh ginger, peeled and coarsely chopped**
- **1 Kaffir lime leaf *or* 1 teaspoon chopped jarred leaves**
- **½ bunch fresh cilantro, stems and leaves separated, chopped**
- **1 tablespoon sake**
- **¾ cup low-sodium chicken broth**
- **¾ cup coconut milk**
- **¼ cup unsalted roasted peanuts**
- **3 tablespoons smooth natural peanut butter**
- **1 tablespoon fish sauce**
- **2 tablespoons lime juice**
- **1 tablespoon sambal oelek**

TROPICAL SALSA

- **1½ cups diced pineapple, mango, papaya *and/or* dragon fruit**
- **¼ cup diced red onion**
- **2 tablespoons chopped fresh cilantro**
- **½ jalapeño, seeded if desired, diced**
- **1 tablespoon lemon juice**
- **1 tablespoon lime juice**
- **Pinch of kosher salt**

FISH

- **½ cup panko breadcrumbs, preferably whole-wheat**
- **½ cup shredded unsweetened coconut**
- **½ cup chopped unsalted macadamia nuts**
- **¼ cup rice flour**
- **2 large egg whites, lightly beaten**
- **6 4-ounce ahi tuna steaks (1-1¼ inches thick)**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **3 tablespoons canola oil, divided**

1. To prepare peanut sauce: Heat 1 tablespoon oil in a large saucepan over medium heat. Add lemongrass, garlic, ginger, lime leaf and cilantro stems. Cook, stirring frequently, until soft and fragrant, 1 to 2 minutes. Add sake and cook, stirring, until almost evaporated, about 10 seconds. Add broth, coconut milk, peanuts, peanut butter and fish sauce; bring to a boil over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, for 30 minutes.

2. Off the heat, stir lime juice, sambal oelek and the cilantro leaves into the sauce. Puree the sauce in a blender until smooth. (Use caution when pureeing hot liquids.) Return to the pan and cover to keep warm.

3. Meanwhile, to prepare salsa: Combine fruit,

Coconut-Butter Mochi Cake with Lime Curd

onion, 2 tablespoons cilantro, jalapeño, 1 tablespoon each lemon and lime juice and pinch of salt in a medium bowl. Set aside.
4. To prepare fish: Combine panko, coconut and macadamias in a shallow dish. Place flour in another dish and egg whites in a third dish.
5. Sprinkle tuna with salt and pepper. Dredge in the flour, shaking off excess, then dip in egg white, letting excess drip off, then coat with the coconut mixture. Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, 4 to 5 minutes. Turn the tuna and add the remaining 1 tablespoon oil. Cook 4 to 5 minutes more for medium-rare. Serve with some of the peanut sauce and salsa.

SERVES 6: 3 oz. tuna, 3 Tbsp. sauce & ⅓ cup salsa each

CAL 426 / **FAT** 25G (SAT 8G) / **CHOL** 44MG / **CARBS** 17G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 34G / **FIBER** 3G / **SODIUM** 504MG / **POTASSIUM** 749MG

Kula Pickled Beet Salad

ACTIVE: 45 min **TOTAL:** 1 hr 5 min
TO MAKE AHEAD: Refrigerate pickled beets and kale puree (Steps 2-4) for up to 2 days.
Quick-pickled beets are topped here with a namasu (a lightly pickled vegetable salad) made with carrot, cucumber and daikon radish. Dishes like this reflect the influence of Japanese immigrants who came to Hawaii to work on the sugar plantations in the 1800s. (Photo: page 78.)

- **1 cup julienned carrots**
- **1 cup julienned cucumber**
- **1 cup julienned daikon**
- **2½ cups water plus 5 tablespoons, divided**
- **1¼ cups sugar, divided**
- **½ cup rice vinegar**
- **2 pounds beets, trimmed, peeled and cut into ½-inch pieces**
- **2 cups red-wine vinegar**
- **2 stalks lemongrass, pale yellow part only**
- **1½ tablespoons sliced fresh ginger**
- **1¾ teaspoons kosher salt, divided**
- **4 tablespoons sesame oil, divided**
- **6 cups chopped kale**
- **1 clove garlic, minced**

1. Place carrots, cucumber and daikon in a medium heatproof bowl. Combine ½ cup each water, sugar and rice vinegar in a large saucepan. Bring to a boil and cook, stirring, until the sugar is dissolved. Pour over the vegetables. Let marinate, stirring occasionally, for 30 minutes. Drain and set aside.
2. Meanwhile, bring 1 inch of water in the saucepan fitted with a steamer basket to a boil over high heat. Add beets, cover and steam until tender, 20 to 30 minutes. Transfer to a large bowl.
3. Add 2 cups water, the remaining ¾ cup sugar, red-wine vinegar, lemongrass, ginger and 1½ teaspoons salt to the pan. Bring to a boil over medium-high heat and stir until the sugar has dissolved. Remove from heat and stir in the beets. Let marinate, stirring occasionally, for 30 minutes.
4. Heat 1 tablespoon oil in a large skillet over medium heat. Add kale, garlic and 3 tablespoons water; cook, stirring, until the kale is wilted, 2 to 3 minutes. Transfer to a blender or food processor. Add the remaining 3 tablespoons oil, 2 tablespoons water and ¼ teaspoon salt; puree until the consistency of pesto.
5. Spread the kale puree on a serving platter. Drain the beets and arrange on top of the kale. Serve topped with the marinated vegetables.

SERVES 8: ¾ cup each

CAL 127 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 10G (ADDED 3G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 191MG / **POTASSIUM** 378MG.

Huli Huli Chicken with Pineapple-Ginger Sauce

ACTIVE: 35 min **TOTAL:** 6¾ hrs (including 6 hrs marinating time)
TO MAKE AHEAD: Brine chicken (Step 1) for up to 1 day.
"Huli" is a Hawaiian word that means to turn over. Traditional versions of this dish are grilled, constantly turning the chicken back and forth as a rotisserie would. This elbow-grease saver is made in the oven. (Photo: page 79.)

CHICKEN

- **2 tablespoons coconut oil**
- **1 head garlic, halved**
- **3 4-inch stalks lemongrass, smashed and diced**
- **1 3-inch piece fresh ginger, chopped**
- **4 cups ice water**
- **1 cup reduced-sodium tamari**
- **1 orange, sliced**
- **8 bone-in chicken thighs (about 4 pounds)**

SAUCE

- **¾ cup pineapple juice**
- **⅓ cup chopped pineapple**
- **⅓ cup reduced-sodium tamari**
- **3 tablespoons light brown sugar**
- **1½ tablespoons minced garlic**
- **1 scallion, sliced**
- **2 teaspoons minced fresh ginger**
- **2 teaspoons minced shallot**
- **1½ tablespoons rice vinegar**

1. To prepare chicken: Heat oil, garlic halves, lemongrass and ginger in a medium skillet over medium heat. Cook, stirring, until starting to brown, about 2 minutes. Immediately transfer the mixture to a large bowl and add water, 1 cup tamari and orange. Add chicken, cover and refrigerate for at least 6 hours and up to 1 day.
2. Meanwhile, to prepare sauce: Puree pineapple juice and pineapple in a blender until smooth. Transfer to a medium saucepan and add tamari, brown sugar, garlic, scallion, ginger, shallot and vinegar. Bring to a boil over medium-high heat; cook, stirring occasionally, until reduced by half, 8 to 10 minutes.
3. Position rack in upper third of oven; preheat to 425°F. Line a rimmed baking sheet with foil.
4. Remove the chicken from the marinade and pat dry with paper towels. (Discard the marinade.) Place on the prepared pan. Bake until an instead-read thermometer inserted in the thickest part without touching bone registers 160°F, about 25 minutes. Brush with 2 tablespoons of the sauce. Increase oven temperature to broil. Broil on high until charred in spots, 2 to 3 minutes.

SERVES 8: 1 thigh each

CAL 358 / **FAT** 20G (SAT 6G) / **CHOL** 173MG / **CARBS** 11G / **TOTAL SUGARS** 8G (ADDED 5G) / **PROTEIN** 32G / **FIBER** 0G / **SODIUM** 777MG / **POTASSIUM** 390MG.

Coconut-Butter Mochi Cake with Lime Curd

ACTIVE: 45 min **TOTAL:** 2 hrs 25 min
EQUIPMENT: Parchment paper
Mochi (made from sweet glutinous rice flour) is a pillow-like dough that the Japanese fashion into all kinds of confections. In Hawaii it's made into this simple, rich cake with the addition of eggs. At Pacific'O restaurant, the chef adds his own touch with a zesty lime curd topping

CAKE

- **3 large eggs**
- **1 15-ounce can coconut milk**
- **¾ cup reduced-fat milk**
- **3 cups sweet rice flour (mochiko)**
- **1½ cups light brown sugar**
- **1 cup granulated sugar**
- **¼ teaspoon salt**
- **4 tablespoons (½ stick) unsalted butter, melted**
- **¼ cup avocado oil**

CURD

- **2 large eggs**
- **⅓ cup granulated sugar**
- **2 teaspoons grated lime zest, plus more for garnish**
- **¼ cup lime juice**
- **5 tablespoons unsalted butter, diced**
- **Pinch of salt**
- **6 thin slices pineapple (about 8 ounces; *see Tip*), brûléed if desired**

1. Preheat oven to 350°F. Coat a 9-by-13-inch metal baking pan with cooking spray. Line with parchment paper and coat the paper with cooking spray.
2. To prepare cake: Combine eggs, coconut milk and milk in a blender. Puree until smooth. Transfer to a large bowl. Whisk rice flour, brown sugar, 1 cup granulated sugar and ¼ teaspoon salt in another large bowl. Sift the flour mixture over the egg mixture and whisk gently until smooth. Whisk in melted butter and oil. Transfer to the prepared pan.
3. Bake the cake until set and browning on the edges, about 45 minutes. Let cool in the pan on a wire rack for 15 minutes. Turn out onto the rack and let cool completely, about 1 hour.
4. To prepare curd: Bring 1 inch of water to a bare simmer in a medium saucepan. Combine eggs, sugar, lime zest and lime juice in a metal bowl large enough to rest in the pan without touching the water. Set the bowl over the water and whisk constantly until the mixture is very thick, 3 to 5 minutes. Remove from heat; whisk in butter and salt until smooth.
5. Place a fine-mesh sieve over a medium bowl and strain the curd into the bowl. Place a piece of plastic wrap directly on the surface of the curd and refrigerate until cold, about 1½ hours.
6. Spread the curd over the cake and top with pineapple slices. Garnish with more lime zest, if desired. Cut the cake into 24 squares.

SERVES 24: 1 square each

CAL 280 / **FAT** 12G (SAT 7G) / **CHOL** 51MG / **CARBS** 42G / **TOTAL SUGARS** 26G (ADDED 25G) / **PROTEIN** 3G / **FIBER** 1G / **SODIUM** 56MG / **POTASSIUM** 97MG

TIP: To see how to cut a pineapple (plus a helpful tool), turn to page 116.

STYLING: DAN BECKER (FOOD); GLENN JENKINS (PROPS)

Carla Hall's Spin Through the South

For this star chef's latest book, a road trip, from Charleston to Nashville, delivered new inspiration on what Southern food is all about today.
By Genevieve Ko

Location Photography
By Gabriele Stabile

Food Photography
By Johnny Autry

Carla Hall leaned across the red-checkered tablecloth at Sugar's Place in Jackson, Mississippi. She looked me dead in the eyes, and said in a low, intense voice, "What the what?! You have to try these." I took a bite of the black-eyed peas in her Styrofoam cup and got exactly what she meant. The humble peas with their signature black "eyes" were creamy all the way through even though each one was still perfectly pea-shaped. And although we couldn't see any seasonings in the broth or on the peas, they were packed with the flavors of fresh onion, garlic and herbs. No smoky pork, just garden goodness.

The chef, cookbook author and TV star and I were halfway through a road trip through the South with photographer Gabriele Stabile, researching her latest book, *Carla Hall's Soul Food*. Carla's goal was to reclaim soul food, to bring it back to its plant-based origins. She wanted the book to focus on the meals packed with seasonal vegetables that people eat every day throughout the South—not just the celebration foods like fried chicken, smoked ribs and mac and cheese. Carla grew up in Nashville and knew plants were the basis of African-American cooking. "But I had to go back and taste it again," she said. "I wanted to talk to farmers, cooks and chefs about how they grow and use vegetables throughout the South now while honoring our ancestors' past." And at lunch at Sugar's, vegetables stole the show—glazed yams, soft green beans and those black-eyed peas!

We started our trip in South Carolina, where Chef B.J. Dennis welcomed us into his parents' home for Sunday supper in Charleston. Dennis has spent the past few years traveling around the country, cooking pop-up dinners. He's an unofficial culinary ambassador of the Gullah-Geechee, descendants of West African slaves who have established communities and maintained a rich culture in the Southeastern coast's sea islands. Their agrarian-meets-ocean cuisine has remained intact, and Dennis is on a mission to make sure it stays that way. He served us Gullah-Geechee fish stew and deviled crabs, along with red rice grown from grains that descended from seeds that have been preserved by his ancestors for generations.

We headed toward Nashville with a loose itinerary, some contacts and an openness to whatever came our way. In Brunswick, Georgia, we visited Matthew

"I wanted to talk to farmers, cooks and chefs about how they grow and use vegetables throughout the South now while honoring our ancestors' past."

Raiford at the farm that has been in his family for six generations. He told us he's learned that the best way to grow organic is to remember the lessons his grandmother taught him. At Foot Print Farms in Jackson, Mississippi, Cindy Ayers Elliott, an investment banker-turned-farmer, walked us through rows of leafy greens like collards and callaloo, and sent us off with bags of tomatoes and cucumbers. Finally, in Carla's hometown, we capped off our whirlwind tour at Nashville's iconic meat-and-three cafeteria-style restaurant, Swett's. Carla's mom, Audrey, took a break from our meal—silky soft collards, hearty meatloaf, smothered pork chops and coleslaw—to catch up with her friends sitting nearby.

Later in the kitchen, flush with inspiration, we started cooking for the book. Carla slow-simmered shell peas based on the ones we ate at Sugar's, put a fresh spin on soft green beans and made tomato pie with her mom and sister. With each recipe, she honored soul food's legacy while bringing it into the present and future.

GENEVIEVE KO *is the co-author of more than a dozen books with renowned chefs and author of* Better Baking: Wholesome Ingredients, Delicious Desserts.

Soft Green Beans

ACTIVE: 20 min **TOTAL:** 40 min

Modern cooking may champion barely-cooked veggies, but the soft and luscious ones you find in many Southern kitchens, like these exquisite green beans, will convince you otherwise.

- **1 tablespoon extra-virgin olive oil**
- **1 large onion, finely diced**
- **1 teaspoon kosher salt, divided**
- **2 cloves garlic, sliced**
- **¼ teaspoon crushed red pepper**
- **1 cup unsalted chicken broth**
- **1 pound green beans, trimmed**

1. Heat oil in a large saucepan over medium-high heat. Add onion and ½ teaspoon salt. Cook, stirring occasionally, until just tender, about 2 minutes. Add garlic and crushed red pepper and cook, stirring, for 1 minute.
2. Add broth and the remaining ½ teaspoon salt; bring to a simmer. Add green beans, cover and simmer, stirring occasionally, until very tender, about 20 minutes. With a slotted spoon, transfer the green beans to a serving dish.
3. Bring the liquid remaining in the pan to a boil over high heat. Boil until reduced to ¼ cup, about 5 minutes. Drizzle over the green beans.

SERVES 6: ½ cup each

CAL 60 / **FAT** 3G (SAT 0G) / **CHOL** 0MG / **CARBS** 8G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 347MG / **POTASSIUM** 225MG.

Carla's culinary inspiration came from her grandmother, a hospital dietitian who cooked heart-healthy meals at home for her husband. These lighter versions of Soft Green Beans, Deviled Crab and Fresh Corn Hush Puppies would make Granny proud.

The pitmaster at Rodney Scott's BBQ in Charleston mops ribs with a secret sauce to keep the meat moist while it smokes.

Brunswick Stew

ACTIVE: 35 min **TOTAL:** 1 hr 20 min
TO MAKE AHEAD: Refrigerate for up to 3 days.

This classic Southern stew has as many variations as people making it, but historically it features fresh game and smoked meat along with some vegetables. This veggie-loaded version gets great smoky flavor from a smoked turkey drumstick

- **1 tablespoon canola oil**
- **1 large onion, diced**
- **2 carrots, halved lengthwise if large, thinly sliced**
- **2 stalks celery, diced**
- **1½ teaspoons kosher salt, divided**
- **½ teaspoon ground pepper**
- **3 cloves garlic, sliced**
- **½ teaspoon dried thyme**
- **¼ teaspoon crushed red pepper**
- **2 tablespoons tomato paste**
- **1 15-ounce can no-salt-added diced tomatoes**
- **4 cups unsalted chicken broth**
- **1 dried bay leaf**
- **1 pound Yukon Gold potatoes, scrubbed and cut into ½-inch pieces**
- **2 cups corn, fresh or frozen**
- **2 cups frozen lima beans**
- **2 cups sliced okra, fresh or frozen**
- **1 smoked turkey drumstick (about 1 pound)**
- **⅓ cup Worcestershire sauce**
- **2 tablespoons cider vinegar**
- **1-3 tablespoons light brown sugar**

1. Heat oil in a large pot over medium heat. Add onion, carrots, celery, ½ teaspoon salt and pepper. Cook, stirring occasionally, for 3 minutes. Add garlic, thyme and crushed red pepper; cook, stirring, for 1 minute. Add tomato paste; cook, stirring, for 1 minute. Add tomatoes, broth and bay leaf; bring to a boil over high heat. Stir in potatoes, corn, lima beans, okra and turkey. Return to a boil. Reduce heat and simmer for 20 minutes.
2. Stir in Worcestershire, vinegar, brown sugar to taste and the remaining 1 teaspoon salt. Simmer for 10 minutes more. Transfer the turkey to a clean cutting board. Simmer the stew until the potatoes are tender, about 10 minutes more.
3. Dice the turkey meat (discard the skin, bones and cartilage). Return it to the stew. Serve hot.

SERVES 8: 1½ cups each

CAL 305 / **FAT** 6G (SAT 1G) / **CHOL** 47MG / **CARBS** 44G / **TOTAL SUGARS** 12G (ADDED 3G) / **PROTEIN** 23G / **FIBER** 6G / **SODIUM** 670MG / **POTASSIUM** 949MG

New Orleans chef Enrika Williams and Carla shell peas in the shade at Foot Print Farms in Jackson, Mississippi.

Smashed Root Vegetables with Mustard Vinaigrette

ACTIVE: 15 min **TOTAL:** 1½ hrs
EQUIPMENT: Parchment paper

Smashing vegetables creates cracks that soak up this savory vinaigrette. You can try this technique with other root vegetables, such as parsnips and celery root, as well. (Photo: right)

- **1 pound small-to-medium beets, peeled and quartered**
- **1 pound carrots, peeled**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon kosher salt plus ⅛ teaspoon, divided**
- **1 tablespoon grainy Dijon mustard**
- **1 tablespoon white-wine vinegar**
- **¼ teaspoon honey**
- **⅛ teaspoon cayenne pepper**

1. Preheat oven to 375°F. Line a rimmed baking pan with parchment paper.
2. Arrange beets and carrots on the prepared baking sheet. Rub 1 tablespoon oil all over them and sprinkle with ½ teaspoon salt. Bake until tender, 1 to 1¼ hours.
3. Meanwhile, whisk mustard, vinegar, honey, cayenne and the remaining⅛ teaspoon salt in a small bowl. Whisk in the remaining 2 tablespoons oil in a steady stream.
4. Transfer the vegetables to a cutting board. Smash them flat with the bottom of a skillet. Transfer to a platter and drizzle with the vinaigrette. Serve hot, warm or at room temperature.

SERVES 8: ½ cup each

CAL 97 / **FAT** 6G (SAT 1G) / **CHOL** 0MG / **CARBS** 10G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 3G / **SODIUM** 267MG / **POTASSIUM** 346MG.

Deviled Crab

ACTIVE: 20 min **TOTAL:** 35 min
EQUIPMENT: Six ½-cup ramekins

Instead of weighing down fresh crab with a lot of breadcrumbs, this lighter version of deviled crab gets just a sprinkle of them on top for crunch. If you prefer, steam 8 pounds of live blue crabs and pick out the meat to make the filling. For a really cool presentation, scrape out the shells, fill with the crab mixture and bake as directed. You can scoop it up with crackers or just eat it as is to allow the crab to shine (Photo: page 86)

- **¼ cup mayonnaise**
- **2 tablespoons yellow mustard**
- **1 tablespoon ketchup**
- **1 tablespoon lemon juice**
- **¼ teaspoon cayenne pepper**
- **1 pound lump crabmeat, drained and picked over**
- **½ cup finely diced red bell pepper**
- **½ cup finely diced red onion**
- **¼ cup panko breadcrumbs, preferably whole-wheat**
- **2 teaspoons canola oil**

1. Preheat oven to 425°F.
2. Combine mayonnaise, mustard, ketchup, lemon juice and cayenne in a large bowl. Add crab, bell pepper and onion; fold until evenly mixed. Divide the mixture among six ½-cup ramekins or transfer to a small baking dish. Place on a rimmed baking sheet.
3. Combine panko and oil in a small bowl. Sprinkle over the crab mixture.
4. Bake until golden brown on top and heated through, about 15 minutes for ramekins or 30 minutes for a baking dish. Serve hot.

SERVES 6: ½ cup each

CAL 187 / **FAT** 10G (SAT 1G) / **CHOL** 61MG / **CARBS** 7G / **TOTAL SUGARS** 2G (ADDED 1G) / **PROTEIN** 18G / **FIBER** 1G / **SODIUM** 431MG / **POTASSIUM** 376MG.

Fresh Corn Hush Puppies

ACTIVE: 30 min **TOTAL:** 30 min
EQUIPMENT: Candy thermometer

Stirring chopped corn kernels into the batter and serving the hush puppies with a lemony herb yogurt sauce give these tasty bites fresh flavor. Holding the frying oil at a steady 360°F prevents the dough from absorbing too much. (Photo: page 87.)

HUSH PUPPIES

- **Canola oil for frying**
- **1 cup fine stone-ground yellow cornmeal**
- **1 cup all-purpose flour**
- **1½ teaspoons baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon kosher salt plus ¼ teaspoon, divided**
- **⅛ teaspoon cayenne pepper**
- **½ cup chopped corn kernels (if frozen, thaw and pat dry)**
- **2 tablespoons finely chopped scallions**
- **1 large egg**
- **¾ cup buttermilk**

DIPPING SAUCE

- **½ cup whole-milk plain yogurt**
- **1 tablespoon lemon juice**
- **1 tablespoon chopped fresh dill**
- **1 tablespoon finely chopped fresh parsley**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**

1. To prepare hush puppies: Fill a large pot with oil to a depth of 1½ inches. Clip on a candy thermometer and heat over medium to 360°F.
2. Meanwhile, whisk cornmeal, flour, baking powder, baking soda, ½ teaspoon salt and cayenne in a large bowl. Add corn and scallions; stir until evenly coated. Whisk egg and buttermilk in a medium bowl until well blended. Add the buttermilk mixture to the cornmeal mixture and gently mix just until moistened.
3. Using wet hands, form the dough into 24 balls, about 1 tablespoon each. Coat 2 metal spoons with cooking spray and use them to carefully lower 8 balls into the hot oil. Fry until golden brown, 1 to 2 minutes. Transfer to a paper-towel-lined plate and immediately sprinkle with some of the remaining ¼ teaspoon salt. Return the oil to 360°F and repeat with the remaining dough in 2 more batches.
4. To prepare dipping sauce: Combine yogurt, lemon juice, dill, parsley, salt and pepper in a small bowl. Serve with the hot hush puppies.

SERVES 8: 3 hush puppies & 1 Tbsp. sauce each

CAL 204 / **FAT** 8G (SAT 1G) / **CHOL** 26MG / **CARBS** 27G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 416MG / **POTASSIUM** 119MG.

Seasoned Black-Eyed Peas

ACTIVE: 15 min **TOTAL:** 1¼ hrs plus overnight soaking
TO MAKE AHEAD: Refrigerate in the cooking liquid for up to 3 days.

To infuse peas with flavor, simmer them with dried spices, which pack a more intense punch than fresh. Smoked paprika delivers the essence of ham hocks or bacon without using any meat.

- **1 pound dried black-eyed peas, rinsed**
- **4 dried bay leaves**
- **2 tablespoons vegetable oil**

- **1 tablespoon garlic powder**
- **1 tablespoon onion powder**
- **1 teaspoon smoked paprika**
- **½ teaspoon cayenne pepper**
- **1 tablespoon kosher salt**

1. Place peas in a large bowl and add enough cold water to cover by 2 inches. Soak overnight.
2. Drain the peas. Add 8 cups water to a large pot, cover and bring to a boil over high heat. Add bay leaves, oil, garlic powder, onion powder, paprika, cayenne and the drained peas. Return to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring occasionally, until the peas are tender, 45 minutes to 1 hour. Add salt. Discard the bay leaves.

SERVES 12: ½ cup (drained) each

CAL 148 / **FAT** 3G (SAT 0G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 7G / **SODIUM** 165MG / **POTASSIUM** 313MG

Chopped Salad with Black-Eyed Peas & Hot Sauce Vinaigrette

ACTIVE: 20 min **TOTAL:** 20 min

Black-eyed peas' earthy, nutty, sweetness gets oomph from tangy hot sauce. Here, they are mixed with plenty of crunchy vegetables for a satisfying salad

- **2 tablespoons hot sauce**
- **2 tablespoons cider vinegar**
- **1 tablespoon yellow mustard**
- **1 teaspoon honey**
- **1 small clove garlic, grated**
- **¼ teaspoon ground pepper**
- **¼ cup canola oil**
- **3 cups chopped romaine lettuce**
- **1 cup chopped cauliflower**
- **1 cup sliced peeled beets**
- **1 cup sliced carrots**
- **3 cups drained Seasoned Black-Eyed Peas *(page 89)***

Whisk hot sauce, vinegar, mustard, honey, garlic and pepper in a large bowl. While whisking, add oil in a slow, steady stream. Add lettuce, cauliflower, beets, carrots and peas; toss to coat.

SERVES 8: 1 cup each

CAL 199 / **FAT** 9G (SAT 1G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 7G / **FIBER** 7G / **SODIUM** 268MG / **POTASSIUM** 438MG

Caramel Cake

ACTIVE: 40 min **TOTAL:** 1 hr 40 min
EQUIPMENT: 8-inch round cake pan, parchment paper

Southern caramel cake is typically a multi-layered affair of yellow sponge cake that many see as just a delivery vehicle for the decadent caramel frosting. This simple one-layer version has caramel with benefits. Sweet potato adds another dimension of flavor to the frosting while muscling out some sugar

SWEET POTATO CARAMEL

- **1 cup diced peeled sweet potato**
- **½ cup packed dark brown sugar**
- **¼ cup water**
- **2 tablespoons unsalted butter, diced, plus ½ tablespoon, divided**
- **¼ teaspoon salt**

CAKE

- **Butter & all-purpose flour for the pan**
- **⅓ cup buttermilk**
- **½ teaspoon vanilla extract**
- **1 cup whole-wheat pastry flour**
- **½ cup granulated sugar**
- **1 teaspoon baking powder**
- **¼ teaspoon salt**
- **1 tablespoon canola oil**
- **3 tablespoons unsalted butter, diced and softened**
- **1 large egg, at room temperature**
- **1 large egg yolk, at room temperature**

1. Preheat oven to 350°F.
2. For caramel: Combine sweet potato, brown sugar, water, 2 tablespoons butter and salt in an 8-inch glass or ceramic baking dish. Set aside.
3. To prepare cake: Butter an 8-inch round cake pan, line the bottom with parchment and butter again. Flour the pan and tap out excess.
4. Whisk buttermilk and vanilla in a small bowl. Combine pastry flour, granulated sugar, baking powder and salt in a stand mixer. Beat on low speed with the paddle attachment until well mixed. Add oil and beat until evenly distributed. With the mixer on, add butter 1 tablespoon at a time and beat until each addition is fully incorporated before adding more. The mixture should look like coarse sand. Add egg and yolk; beat until smooth, scraping down the sides as needed. With the mixer on, add the buttermilk mixture in a slow, steady stream. Beat just until smooth. Pour the batter into the prepared pan and spread evenly.
5. Place the cake and the reserved sweet potato mixture in the oven. Bake the cake until a tester inserted in the center comes out clean, about 25 minutes. Bake the sweet potato mixture, stirring occasionally, until the sweet potato is tender and the liquid is thick and bubbling, 50 minutes to 1 hour.
6. Cool the cake in the pan on a wire rack for 10 minutes, then turn out onto the rack. Peel off the parchment, invert and cool completely on the rack, top-side up.
7. Let the sweet potato mixture cool for 10 minutes. Puree in a blender until smooth. (Use caution when blending hot liquids.) Press the puree through a fine-mesh sieve into a small bowl, then whisk in the remaining ½ tablespoon butter until smooth. Spread on top of the cooled cake.

SERVES 8: 1 slice each

CAL 277 / **FAT** 11G (SAT 6G) / **CHOL** 68MG / **CARBS** 41G / **TOTAL SUGARS** 27G (ADDED 26G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 250MG / **POTASSIUM** 104MG.

FOOD STYLING: CHARLOTTE AUTRY

Prince's Hot Chicken *(top)* may be known for its fried chicken, but its Caramel Cake is not to be missed. This single-layer version keep calories in check.

CHANGE UP YOUR CHICKEN GAME

It's your go-to dinner starter. It's versatile, reasonably priced and the whole family loves the recipes you make with it... over and over again. So, we're ringing in 2019 with loads of new recipes for America's favorite fowl—from Marsala to enchiladas. You're welcome.

Photography by Jennifer Causey

Styling Chelsea Zimmer / food ~ Claire Spollen / props

Basic Whole Roast Chicken
(page 104)

TIP About Those Breasts

Chicken breast (especially boneless) is lean and quick-cooking, but varying sizes make it hard to end up with a perfect 4-oz. raw portion. Look for small breasts (about 5 oz. each) and remove the tender, from the underside (you can freeze them to use later). Or, cut 8-oz. breasts in half diagonally to get two similar-size pieces. You'll also find smaller, more even portions in packages marked "cutlets" or "thin-sliced."

Skillet Chicken Parmesan

ACTIVE: 30 min **TOTAL:** 35 min

If you can't find cutlets at your supermarket, place a boneless, skinless breast flat on a cutting board, hold it steady with your palm and, using a sharp knife, slice the breast horizontally into two thin pieces.

- **¾ cup panko breadcrumbs, preferably whole-wheat**
- **4 chicken breast cutlets (4 ounces each, about ½ inch thick), trimmed**
- **4 tablespoons extra-virgin olive oil, divided**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **1 tablespoon sliced garlic**
- **2 cups no-salt-added tomato sauce**
- **2 teaspoons sugar**
- **1 cup torn fresh basil, divided**
- **¾ cup shredded part-skim mozzarella cheese**
- **¼ cup grated Parmesan cheese**

1. Position rack in middle of oven; preheat broiler to high.
2. Place panko in a shallow dish and dredge cutlets in it, pressing gently to fully coat.
3. Heat 1½ tablespoons oil in a large cast-iron skillet over medium-high heat; add half the cutlets and cook until crispy, 3 to 4 minutes per side. Transfer to a plate. Repeat with 1½ tablespoons oil and the remaining cutlets. Season with salt and pepper.
4. Add the remaining 1 tablespoon oil and garlic to the pan; cook, stirring often, until softened and fragrant, about 1 minute. Stir in tomato sauce and sugar and bring to a boil over medium-high. Reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened, about 5 minutes.
5. Nestle the cutlets into the sauce in the pan. Top with ½ cup basil, mozzarella and Parmesan. Transfer the pan to the oven.
6. Broil until the cheese is bubbling, 2 to 3 minutes. Let cool for 3 minutes before serving. Top with the remaining basil.

SERVES 4: 3 oz. chicken & ½ cup sauce each

CAL 410 / **FAT** 23G (SAT 6G) / **CHOL** 81MG / **CARBS** 19G / **TOTAL SUGARS** 7G (ADDED 2G) / **PROTEIN** 33G / **FIBER** 3G / **SODIUM** 432MG / **POTASSIUM** 643MG.

Chicken-&-Mushroom Marsala

ACTIVE: 30 min **TOTAL:** 30 min

For the best flavor use real Marsala wine, not the cooking-wine kind. Serve with mashed potatoes.

- **4 chicken breast cutlets (4 ounces each, about ½ inch thick), trimmed**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon kosher salt plus ⅛ teaspoon, divided**
- **¼ cup all-purpose flour**
- **3 tablespoons extra-virgin olive oil, divided**
- **8 ounces cremini mushrooms, sliced**
- **8 ounces shiitake mushrooms, stemmed and sliced**
- **½ cup chopped yellow onion**
- **1 teaspoon fresh thyme leaves, plus more for garnish**
- **½ cup Marsala**
- **½ cup unsalted chicken broth**
- **½ tablespoon butter**

1. Season chicken with ¼ teaspoon each pepper and salt. Place flour in a shallow dish and dredge the cutlets in it, pressing gently to fully coat.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat until shimmering. Add half the cutlets and cook until lightly browned, 2 to 3 minutes per side. Transfer to a plate. Repeat with 1 tablespoon oil and the remaining cutlets. Cover to keep warm.
3. Add the remaining 1 tablespoon oil and creminis to the pan; cook, stirring occasionally until tender, 4 to 6 minutes. Transfer to a bowl. Add shiitakes to the pan and cook, stirring occasionally until tender, 4 to 6 minutes. Transfer to the bowl and season with the remaining ⅛ teaspoon salt.
4. Add onion, thyme and the remaining ¼ teaspoon pepper to the pan; cook, stirring often, until the onion is translucent, 2 to 3 minutes. Return the mushrooms to the pan. Stir in Marsala and broth, scraping up any browned bits. Simmer over medium heat until slightly reduced, about 2 minutes. Remove from heat and stir in butter. Serve the chicken topped with the sauce.

SERVES 4: 3 oz. chicken & about ¼ cup sauce each

CAL 333 / **FAT** 15G (SAT 3G) / **CHOL** 66MG / **CARBS** 16G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 2G / **SODIUM** 262MG / **POTASSIUM** 699MG.

BBQ Chicken Skillet Pizza

ACTIVE: 30 min **TOTAL:** 45 min

Mayo and a little vinegar make an Alabama-style white BBQ sauce to drizzle on this pie

- **12 ounces prepared whole-wheat pizza dough**
- **3 tablespoons mayonnaise**
- **1 teaspoon white-wine vinegar**
- **1 teaspoon sugar**
- **1 medium clove garlic, grated**
- **½ teaspoon prepared horseradish**
- **¼ teaspoon ground pepper**
- **¼ cup tomato sauce**
- **6 ounces shredded cooked chicken breast**
- **½ cup sliced red onion**
- **⅓ cup shredded part-skim mozzarella cheese**
- **¼ cup shredded Monterey Jack cheese**
- **¼ cup thinly sliced scallions**

1. Place a large cast-iron skillet in the oven; preheat to 500°F.
2. Form dough into a tight ball; place on a lightly floured work surface and cover with a clean towel. Let come to room temperature, about 15 minutes.
3. Meanwhile, whisk mayonnaise, vinegar, sugar, garlic, horseradish and pepper in a small bowl.
4. Roll the dough into a 14-inch circle. Carefully fit into the hot pan, pressing a little up the sides. Bake until slightly crispy, about 5 minutes.
5. Spread tomato sauce over the crust and sprinkle with chicken, onion, mozzarella and Monterey Jack. Bake until the cheese is melted and bubbling and the crust is crispy on the bottom, about 5 minutes.
6. Let the pizza cool for 3 minutes. Drizzle the reserved BBQ sauce on top and sprinkle with scallions. Cut into 4 slices and serve immediately.

SERVES 4: 1 slice each

CAL 391 / **FAT** 18G (SAT 4G) / **CHOL** 53MG / **CARBS** 38G / **TOTAL SUGARS** 4G (ADDED 2G) / **PROTEIN** 24G / **FIBER** 2G / **SODIUM** 503MG / **POTASSIUM** 225MG

TIP Store It Refrigerate, freeze or cook chicken as soon as you can after purchase and certainly before the "use by" date on the package. If you're freezing poultry for more than a few weeks, wrap it tightly, either in a vacuum-sealed package, heavy-duty foil, freezer paper or in a freezer bag. And always thaw poultry in the refrigerator. Defrosting it at room temp is a recipe for bacterial disaster.

Chicken, Quinoa & Sweet Potato Casserole

ACTIVE: 15 min **TOTAL:** 45 min

This hot dish is made with multicolored quinoa, a blend of white, red and black varieties, but any color will work.

- **4 cups cubed peeled sweet potatoes (about 1 pound)**
- **3 tablespoons water**
- **1 tablespoon canola oil**
- **1½ pounds boneless, skinless chicken thighs, trimmed**
- **2 cups chopped seeded poblano chiles**
- **½ cup thinly sliced shallots**
- **2 tablespoons minced garlic**
- **2 cups unsalted chicken broth**
- **1½ cups multicolored quinoa**
- **⅓ cup dry white wine**
- **1 teaspoon kosher salt**
- **1 teaspoon ground cumin**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon cayenne pepper**
- **½ cup crumbled queso fresco**
- **¼ cup fresh cilantro**

1. Preheat oven to 400°F.

2. Place sweet potatoes and water in a microwave-safe bowl. Cover with plastic wrap; pierce a few holes in the top with a fork. Microwave on High for 4 minutes.

3. Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook until browned, 4 to 5 minutes per side. Transfer the chicken to a clean cutting board and let stand 5 minutes. Cut into 1-inch strips.

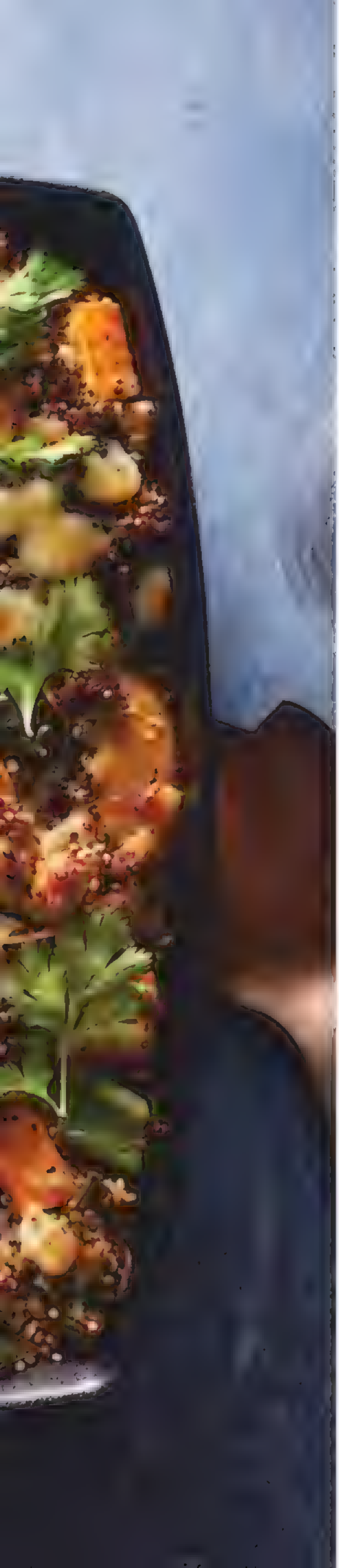
4. Add poblanos, shallots and garlic to the pan and cook over medium-high, stirring occasionally, until the shallots are lightly browned, about 2 minutes. Add broth, quinoa, wine, salt, cumin, cinnamon and cayenne. Bring to a boil. Remove from heat and stir in the sweet potatoes and chicken.

5. Spoon the mixture into a 7-by-11-inch (or similar-size) broiler-proof baking dish. Cover with foil. Bake for 20 minutes.

6. Remove from oven; increase oven temperature to broil. Uncover the casserole and sprinkle with cheese. Broil 8 inches from the heat source until golden brown, about 5 minutes. Sprinkle with cilantro. Let cool for 5 minutes before serving.

SERVES 8: 1 cup each

CAL 349 / **FAT** 11G (SAT 3G) / **CHOL** 83MG / **CARBS** 39G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 5G / **SODIUM** 432MG / **POTASSIUM** 660MG



Chicken & Broccoli Casserole

ACTIVE: 25 min **TOTAL:** 35 min

This dish comes out of the oven all browned, cheesy and bubbling like a casserole, but is really prepared more like a skillet meal on the stovetop. Serve with a crunchy green salad.

- **1 tablespoon canola oil**
- **1 pound boneless, skinless chicken breasts, trimmed**
- **⅓ cup all-purpose flour**
- **4 cups reduced-fat milk, divided**
- **2 9-ounce packages precooked brown rice**
- **3 cups broccoli florets**
- **1½ cups shredded reduced-fat sharp Cheddar cheese**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **½ cup store-bought crispy fried onions**

1. Preheat oven to 400°F.

2. Heat oil in a large ovenproof skillet over high heat. Add chicken and cook until well browned, about 4 minutes per side. Transfer to a clean cutting board and let stand for 5 minutes. Cut into 1-inch cubes.

3. Whisk flour and ⅔ cup milk in a small bowl. Add the remaining 3⅓ cups milk to the pan; bring to a boil over medium-high heat. Gradually whisk in the flour-milk mixture. Return to a boil and cook, stirring often, until thickened, 2 to 3 minutes. Stir in rice and broccoli; return to a boil and cook until the broccoli is tender, about 2 minutes. Stir in the chicken, cheese, salt and pepper. Sprinkle onions on top.

4. Transfer the pan to the oven. Bake until the casserole is browned and bubbling, 10 to 12 minutes. Let cool for 5 minutes before serving.

SERVES 8: 1 cup each

CAL 353 / **FAT** 13G (SAT 5G) / **CHOL** 56MG / **CARBS** 31G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 2G / **SODIUM** 413MG / **POTASSIUM** 404MG

Chicken Enchiladas Verdes

ACTIVE: 20 min **TOTAL:** 45 min

Not in a verde mood? Use tomato salsa instead

- **¼ cup all-purpose flour**
- **1 cup unsalted chicken broth, divided**
- **2 cups tomatillo salsa**
- **1 teaspoon ground cumin**
- **½ cup chopped fresh cilantro, divided**
- **3 cups shredded cooked chicken breast**
- **1 15-ounce can no-salt-added black beans, rinsed**
- **3 ounces reduced-fat cream cheese**
- **12 5-inch corn tortillas**
- **½ cup shredded Mexican cheese blend**
- **½ cup chopped tomato**
- **6 tablespoons reduced-fat sour cream**

1. Preheat oven to 425°F.

2. Whisk flour and ½ cup broth in a small bowl. Combine the remaining ½ cup broth, salsa and cumin in a medium saucepan. Bring to a boil and whisk in the flour mixture. Cook over medium heat, stirring occasionally, until reduced to about 2½ cups, 6 to 8 minutes. Stir in ¼ cup cilantro.

3. Spread ½ cup of the salsa mixture in a 9-by-13-inch ovenproof baking dish. Combine chicken, beans, cream cheese and ½ cup of the salsa mixture in a large bowl. Spoon ¼ cup of the chicken mixture onto the center of each tortilla and roll it up into a cigar shape. Arrange, seam-side down, in a single layer over the salsa mixture in the baking dish. Top the enchiladas with the remaining salsa mixture.

4. Bake until bubbling, about 15 minutes.

5. Remove from oven; increase oven temperature to broil. Sprinkle the enchiladas with cheese. Broil 8 inches from the heat source until the cheese is melted, 2 to 3 minutes. Top with tomato and the remaining ¼ cup cilantro and serve with sour cream.

SERVES 6: 2 enchiladas each

CAL 387 / **FAT** 12G (SAT 5G) / **CHOL** 84MG / **CARBS** 36G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 33G / **FIBER** 7G / **SODIUM** 716MG / **POTASSIUM** 639MG

Slow-Cooked Butter Chicken

Chicken Cacciatore with Polenta

TIP The Thighs Have It Sorry, light-meat lovers, chicken thighs are super-flavorful, pack extra nutrients like iron and zinc, and the dark meat is moist and hard to overcook. After trimming, 1¼ lbs. of boneless thighs will give you about four 4-oz. portions raw—easy. For bone-in thighs, buy about 1½ lbs. After trimming, you'll have four 4-oz. portions (plus bones!).

Slow-Cooker Butter Chicken

ACTIVE: 20 min **TOTAL:** 7 hrs 20 min
EQUIPMENT: 6-qt. slow cooker
Browning the chicken and sautéing the aromatics before everything goes into the slow cooker is key to building the flavors in our version of this popular curry

- **1 tablespoon extra-virgin olive oil**
- **2¼ pounds boneless, skinless chicken thighs, trimmed**
- **1 cup chopped yellow onion**
- **2 teaspoons grated fresh ginger**
- **1½ teaspoons grated garlic**
- **1 teaspoon garam masala**
- **1 teaspoon ground cardamom**
- **1 14-ounce can light coconut milk**
- **1 cup unsalted chicken broth**
- **3 tablespoons tomato paste**
- **1¾ cups water**
- **1 cup long-grain brown rice**
- **¾ teaspoon kosher salt**
- **Lime wedges & sliced scallions for garnish**

1. Heat oil in a medium skillet over medium-high heat. Add chicken and cook until golden brown, 3 to 4 minutes per side. Transfer to a 6-quart slow cooker.
2. Add onion to the pan and cook, stirring occasionally, until translucent, about 4 minutes. Stir in ginger, garlic, garam masala and cardamom; cook, stirring constantly, until fragrant, about 1 minute.
3. Transfer the mixture to the slow cooker. Stir in coconut milk, broth and tomato paste. Cover and cook on Low until the chicken is tender and cooked through, 7 to 8 hours.
4. About 40 minutes before serving, combine water and rice in a medium saucepan and bring to a boil over medium-high heat. Stir and cover; reduce heat to low and simmer until the rice is tender, about 30 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork.
5. Stir salt into the chicken mixture. Serve the chicken and sauce over the rice. Garnish with lime wedges and scallions, if desired.

SERVES 6: 1 cup chicken with sauce & ⅔ cup rice each

CAL 434 / **FAT** 17G (SAT 7G) / **CHOL** 156MG / **CARBS** 34G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 34G / **FIBER** 3G / **SODIUM** 473MG / **POTASSIUM** 558MG.

Chicken Cacciatore with Polenta

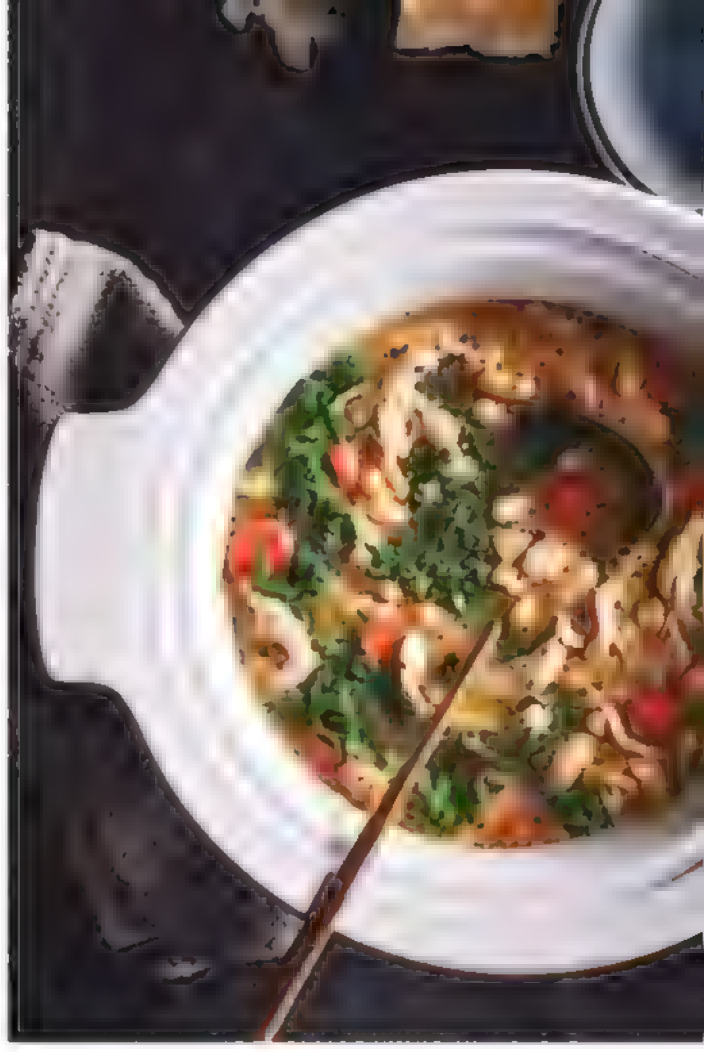
ACTIVE: 25 min **TOTAL:** 8 hrs 25 min
EQUIPMENT: 6-qt. slow cooker
This rustic stew is great over pasta as well.

- **2 teaspoons extra-virgin olive oil**
- **2 cups chopped red bell peppers**
- **2 cups chopped yellow onion**
- **8 ounces cremini mushrooms, halved**
- **½ teaspoon kosher salt, divided**
- **3 tablespoons all-purpose flour**
- **1 tablespoon tomato paste**
- **3 tablespoons minced garlic**
- **¼ cup chopped fresh oregano**
- **½ teaspoon crushed red pepper**
- **½ cup red wine**
- **4 pounds bone-in, skinless chicken thighs, trimmed**
- **1 28-ounce can fire-roasted diced tomatoes**
- **1 cup unsalted chicken broth**
- **¼ cup drained capers**
- **¼ cup pitted Kalamata olives**
- **3 cups water**
- **1⅓ cups uncooked instant polenta**
- **¼ cup grated Parmesan cheese**
- **¼ cup torn fresh basil**

1. Heat oil in a large skillet over medium-high heat. Add bell peppers, onion, mushrooms and ¼ teaspoon salt; cook, stirring often, until beginning to brown, about 8 minutes. Add flour, tomato paste, garlic, oregano and crushed red pepper; cook, stirring constantly, until fragrant, about 1 minute. Stir in wine; cook, stirring and scraping up any browned bits, for 30 seconds.
2. Transfer the mixture to a 6-quart slow cooker. Stir in chicken, tomatoes, broth and capers. Cover and cook on Low for 8 hours.
3. Transfer the chicken to a clean cutting board; let cool for 5 minutes. Remove bones and return the meat to the slow cooker. Stir in olives and the remaining ¼ teaspoon salt. Cover to keep warm.
4. Meanwhile, bring water to a boil in a medium saucepan over medium-high heat. Whisk in polenta; cook, stirring often, until thickened, about 3 minutes. Remove from heat and stir in Parmesan. Serve the chicken and sauce over the polenta, topped with basil.

SERVES 8: 1½ cups chicken with sauce & ½ cup polenta each

CAL 448 / **FAT** 14G (SAT 4G) / **CHOL** 175MG / **CARBS** 39G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 38G / **FIBER** 5G / **SODIUM** 666MG / **POTASSIUM** 708MG



Chicken & White Bean Stew

ACTIVE: 15 min **TOTAL:** 7 hrs 35 min (not including bean-soaking time)
EQUIPMENT: 6-qt. slow cooker
Serve this Tuscan-inspired dish with crusty bread, a glass of Chianti and a salad.

- **1 pound dried cannellini beans, soaked and drained**
- **6 cups unsalted chicken broth**
- **1 cup chopped yellow onion**
- **1 cup sliced carrots**
- **1 teaspoon finely chopped fresh rosemary**
- **1 4-ounce Parmesan cheese rind plus ⅔ cup grated Parmesan, divided**
- **2 bone-in chicken breasts (1 pound each)**
- **4 cups chopped kale**
- **1 tablespoon lemon juice**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **¼ cup flat-leaf parsley leaves**

1. Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on Low until the beans and vegetables are tender, 7 to 8 hours.
2. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones.
3. Return the chicken to the slow cooker and stir in kale. Cover and cook on High until the kale is tender, 20 to 30 minutes.
4. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley.

SERVES 6: 1¼ cups each

CAL 493 / **FAT** 11G (SAT 3G) / **CHOL** 68MG / **CARBS** 54G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 44G / **FIBER** 27G / **SODIUM** 518MG / **POTASSIUM** 1,557MG

TIP The Label Claim Game Only some terms you'll see on chicken labels are regulated. **Natural** is, but only indicates "minimal" processing and no artificial ingredients are added. **No Antibiotics** means the chickens are never given them. **No Hormones,** also regulated, is moot because their use isn't allowed for poultry. **Free Range** means the chicken had some daily access to the outdoors. **USDA Organic** means organic feed, no antibiotics and the birds lived by free-range standards. Other labels aren't regulated. If important to you, look for certifications like Animal Welfare Approved and Certified Humane, which are evaluated independently.

Slab Chicken Potpie

ACTIVE: 45 min **TOTAL:** 1½ hrs

Slab fruit pies are all the rage for summer parties, so why not give chicken potpie the same treatment and create a buzz at a cool-weather game-day gathering as well. Just sayin'.

- **5 cups unsalted chicken broth**
- **2 tablespoons white miso**
- **1 teaspoon ground pepper, plus more for sprinkling**
- **½ teaspoon kosher salt**
- **4 large sprigs thyme**
- **2 bay leaves**
- **1 cup whole milk**
- **¾ cup all-purpose flour, plus more for dusting**
- **1¼ pounds boneless, skinless chicken thighs, trimmed and cut into bite-size pieces**
- **1 24-ounce package frozen mixed vegetables (peas, carrots and corn)**
- **1 10-ounce package frozen pearl onions**
- **1 cup chopped flat-leaf parsley**
- **1 14-ounce package frozen whole-wheat pie crusts, thawed**
- **1 large egg, lightly beaten**

1. Combine broth, miso, pepper, salt, thyme and bay leaves in a large saucepan. Bring to a boil over high heat. Cook, undisturbed, until reduced to about 4 cups, about 10 minutes. Discard thyme and bay leaves.
2. Whisk milk and flour in a small bowl, then whisk into the broth in the pan. Bring to a boil over high heat; cook, stirring occasionally, for 1 minute. Stir in chicken. Remove from heat and let stand for 5 minutes. Stir in mixed vegetables, onions and parsley. Pour the mixture onto a large rimmed baking sheet.
3. Preheat oven to 425°F.
4. Unroll pie crusts on a lightly floured work surface, placing one on top of the other. Roll out into a 14-by-19-inch rectangle. Cut into 2-by-19-inch strips using a decorative wheel or pizza cutter. Place half the strips diagonally across the chicken mixture, leaving 2-inch gaps in between. Weave in the remaining strips to form a lattice pattern. Trim excess dough from the edges and discard. Brush the top of the dough with egg. Sprinkle with pepper to taste.
5. Bake until the top is browned and the chicken is cooked through, 30 to 35 minutes. Let cool for 5 minutes. Cut into 8 pieces.

SERVES 8: 1 piece each

CAL 484 / **FAT** 22G (SAT 10G) / **CHOL** 91MG / **CARBS** 48G / **TOTAL SUGARS** 11G (ADDED 0G) / **PROTEIN** 24G / **FIBER** 8G / **SODIUM** 639MG / **POTASSIUM** 577MG.

Italian Chicken Meatballs

ACTIVE: 20 min **TOTAL:** 40 min

These meatballs are flavor-packed and all-purpose: with spaghetti, on a toothpick with dipping sauce or in a soup (see page 102)

- **¾ cup fresh breadcrumbs**
- **¼ cup low-fat milk**
- **1 large egg, lightly beaten**
- **⅓ cup finely grated Parmesan cheese**
- **¼ cup finely chopped flat-leaf parsley**
- **2 large cloves garlic, grated**
- **½ teaspoon ground pepper**
- **1 3½-ounce spicy Italian chicken sausage link, casing removed**
- **12 ounces ground chicken**

1. Position a rack in the oven 8 inches from the heat source; preheat broiler to high. Lightly coat a rimmed baking sheet with cooking spray.
2. Combine breadcrumbs and milk in a medium bowl; let stand for 10 minutes.
3. Stir egg, cheese, parsley, garlic and pepper into the breadcrumb mixture. Break sausage into small pieces. Add the sausage and chicken to the breadcrumb mixture, gently mixing until just combined.
4. Form the mixture into 24 meatballs, about 1 tablespoon each. Arrange the meatballs on the prepared baking sheet. Broil until an instant-read thermometer inserted in the center of a meatball registers 165°F, 9 to 10 minutes.

SERVES 4: 6 meatballs each

CAL 237 / **FAT** 12G (SAT 4G) / **CHOL** 147MG / **CARBS** 7G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 1G / **SODIUM** 498MG / **POTASSIUM** 527MG.

Buffalo Chicken Wings with Ranchy Cauliflower

ACTIVE: 15 min **TOTAL:** 35 min

Our wings are broiled rather than deep-fried, which reduces greasiness and calories

- **4 cups cauliflower florets (about 1 pound)**
- **1 tablespoon extra-virgin olive oil**
- **½ teaspoon dried dill**
- **½ teaspoon garlic powder**
- **½ teaspoon onion powder**
- **Pinch of kosher salt**
- **1½ pounds chicken wings, separated at the joint**
- **¼ cup Buffalo-style hot sauce, such as Frank's RedHot**
- **3 tablespoons ketchup**
- **1½ tablespoons cider vinegar**
- **1 tablespoon butter**
- **¼ teaspoon ground pepper**
- **½ cup thinly sliced celery**

1. Preheat oven to 425°F. Place a wire rack on a rimmed baking sheet.

2. Toss cauliflower with oil in a large bowl. Combine dill, garlic powder, onion powder and salt in a small bowl. Sprinkle the mixture over the cauliflower and toss to coat. Arrange in an even layer on one side of the wire rack. Arrange chicken on the other side.

3. Bake until the cauliflower is tender, about 20 minutes. Remove from oven and transfer the cauliflower to a plate. Increase oven temperature to broil. Broil the chicken 8 inches from the heat source, turning once halfway through, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 8 to 10 minutes.

4. Meanwhile, combine hot sauce, ketchup, vinegar, butter and pepper in a large saucepan. Heat over medium-low until the butter melts, about 2 minutes. Cover and remove from heat.

5. Add the chicken to the sauce and toss to coat. Sprinkle with celery and serve with the cauliflower.

SERVES 4: 4 wings & 1 cup cauliflower each

CAL 280 / **FAT** 19G (SAT 6G) / **CHOL** 110MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 2G) / **PROTEIN** 19G / **FIBER** 3G / **SODIUM** 770MG / **POTASSIUM** 602MG.

TIP Is It Done Yet? For chicken that's fully (and safely) cooked but still incredibly tender and juicy, you'll want the internal temperature to hit 165°F. To check, insert the probe of an instant-read thermometer at least 1 inch into the thickest part of the meat without touching bone. If you're wondering whether your thermometer is accurate, plunge the probe into boiling water: it should read 212°F.

Italian Wedding Soup

ACTIVE: 20 min **TOTAL:** 20 min

Forget the marble-size meatballs you find in many versions of this soup. Here, they're full-size, full-flavored and plenty filling

- **4 tablespoons extra-virgin olive oil, divided**
- **1⅓ cups chopped yellow onion**
- **⅔ cup chopped carrot**
- **⅔ cup chopped celery**
- **2 tablespoons minced garlic**
- **6 cups unsalted chicken broth**
- **6 ounces orzo, preferably whole-wheat**
- **1½ tablespoons chopped fresh oregano**
- **½ teaspoon kosher salt**
- **24 cooked chicken meatballs (12 ounces), such as Italian Chicken Meatballs (*page 100*)**
- **4 cups baby spinach**
- **¼ cup grated Parmesan cheese**

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes.
2. Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes. Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

SERVES 6: 1½ cups each

CAL 415 / **FAT** 19G (SAT 5G) / **CHOL** 101MG / **CARBS** 36G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 4G / **SODIUM** 728MG / **POTASSIUM** 681MG.

Coq au Vin

ACTIVE: 45 min **TOTAL:** 1¾ hrs

This stew is all about the wine, so use a bottle that's so good you'll wish you were drinking it. (Don't worry, you only need a few cups, so you can also have a glass while you cook.)

- **2 slices thick-cut bacon, chopped**
- **1 tablespoon extra-virgin olive oil**
- **12 bone-in chicken thighs (about 6 ounces each), skin removed and trimmed**
- **12 ounces cremini mushrooms, halved lengthwise**
- **1 14-ounce package frozen pearl onions, thawed**
- **3 tablespoons tomato paste**
- **1½ tablespoons finely chopped garlic**
- **1 teaspoon fresh thyme leaves**
- **2 cups dry red wine, preferably Burgundy *or* pinot noir**
- **2 cups unsalted chicken broth**
- **2½ cups sliced carrots (½-inch pieces)**
- **1 bay leaf**
- **¾ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **Flat-leaf parsley leaves for garnish**

1. Cook bacon in a large heavy-bottomed pot over medium heat, stirring occasionally, until crispy, 8 to 10 minutes. Transfer to a plate with a slotted spoon; set aside. Add oil to the drippings in the pot and increase heat to medium-high. Working in batches, add chicken and cook until lightly browned, 4 to 6 minutes per side. Transfer to a plate.
2. Discard all but 1 tablespoon drippings from the pot; return to medium-high heat. Add mushrooms and cook, undisturbed, until lightly browned on one side, 4 to 5 minutes. Stir in onions and cook, stirring occasionally, until the liquid has evaporated, 4 to 6 minutes. Stir in tomato paste, garlic and thyme; cook, stirring occasionally, until fragrant, 1 minute.
3. Stir in wine and broth. Add the chicken and any accumulated juices, carrots and bay leaf. Bring to a boil. Reduce heat to maintain a simmer, cover and simmer until the chicken and vegetables are tender, about 1 hour.
4. Transfer the chicken and vegetables to a platter with a slotted spoon. Bring the mixture in the pot to a boil over high heat. Cook, uncovered, until the liquid thickens and reduces to 2 cups, 6 to 8 minutes. Return the chicken and vegetables to the pot; stir in salt and pepper. Serve sprinkled with the bacon and parsley, if desired.

SERVES 6: 2 thighs, 1 cup vegetables & ⅓ cup sauce each

CAL 523 / **FAT** 19G (SAT 5G) / **CHOL** 260MG / **CARBS** 18G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 53G / **FIBER** 3G / **SODIUM** 651MG / **POTASSIUM** 1,187MG

Coq au Vin

Chicken & Dumplings

ACTIVE: 35 min **TOTAL:** 1 hr 25 min

Whole-wheat pastry flour gives these dumplings a prominent nuttiness that totally fits in with the savory chicken stew

- **4 cups unsalted chicken broth**
- **2 cups water**
- **1¼ teaspoons kosher salt**
- **1 bay leaf**
- **3 bone-in chicken breasts (1 pound each)**
- **1 tablespoon butter**
- **1 cup chopped carrot**
- **1 cup chopped celery**
- **1 cup all-purpose flour plus 2 tablespoons, divided, plus more for dusting**
- **1 cup whole-wheat pastry flour plus 2 tablespoons, divided**
- **2 teaspoons baking powder**
- **1 cup whole milk**
- **¾ teaspoon ground pepper**
- **2 tablespoons chopped fresh thyme**

1. Combine broth, water, salt and bay leaf in a large pot. Cover and bring to a boil over high heat. Add chicken, reduce heat to medium, cover and simmer until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 22 to 25 minutes. Transfer the chicken to a clean cutting board; discard the bay leaf. Shred the chicken into bite-size pieces and transfer to a bowl. Discard the bones. Reserve the broth mixture in the pot.

2. Melt butter in a small skillet over medium-high heat until foamy. Add carrot and celery and cook, stirring often, until tender, 10 to 12 minutes. Add to the chicken in the bowl and stir to combine.

3. Whisk 1 cup each all-purpose and whole-wheat flour with baking powder in a large bowl. Add milk and stir until just combined. Let the dough stand for 10 minutes.

4. Roll out the dough on a floured work surface to ¼-inch thickness. Cut into 1½-inch square dumplings.

5. Measure ½ cup of the reserved broth mixture into a small bowl. Add the remaining 2 tablespoons each all-purpose and whole-wheat flour; whisk until smooth. Return the mixture to the large pot, whisking to incorporate. Bring to a simmer over medium heat. Add the dumplings and simmer, stirring occasionally, for 10 minutes. Stir in the chicken mixture and season with pepper; simmer for 1 minute. Serve sprinkled with thyme.

SERVES 6: 2 cups each

CAL 460 / **FAT** 8G (SAT 3G) / **CHOL** 117MG / **CARBS** 52G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 43G / **FIBER** 6G / **SODIUM** 761MG / **POTASSIUM** 910MG

TIP Get Clean

Skip chicken that's been "enhanced" with an added sodium solution because who needs it. How do you know? Just scan the ingredients on the label for any added liquid that's not plain water.

Roasted Chicken Banh Mi

ACTIVE: 10 min **TOTAL:** 40 min

Combine 1 cup each **water** and **rice vinegar** and ⅔ cup **sugar** in a small saucepan. Bring to a boil over high heat. Add 1¼ cups julienned **carrot** and 1 cup thinly sliced **English cucumber;** cook 1 minute. Let cool completely, about 30 minutes. Drain. Mix ¼ cup **mayonnaise,** 1½ Tbsp. **lime juice,** 1¼ tsp. **fish sauce** and ½ tsp. **ground pepper** in a small bowl. Refrigerate until ready to use. Cut a 16-oz. **baguette** into 4 portions and split each horizontally. Hollow out the tops and bottoms, leaving a ½-inch border. Spread the mayonnaise mixture on the top halves. Layer 10 oz. **shredded chicken** *(from Basic Whole Roast Chicken)*, the carrot mixture and 1 cup **cilantro** on the bottom halves. Top with ¼ cup thinly sliced **jalapeño,** if desired.

SERVES 4: 1 sandwich each

CAL 435 / **FAT** 16G (SAT 3G) / **CHOL** 44MG / **CARBS** 57G / **TOTAL SUGARS** 11G (ADDED 4G) / **PROTEIN** 23G / **FIBER** 9G / **SODIUM** 917MG / **POTASSIUM** 370MG

Chicken, Brussels Sprouts & Mushroom Salad

ACTIVE: 10 min **TOTAL:** 10 min

Whisk 6 Tbsp. **extra-virgin olive oil,** 3 Tbsp. **red-wine vinegar,** 1½ Tbsp. minced **shallot,** 1 Tbsp. **Dijon mustard,** 2 tsp. chopped **fresh thyme** and ½ tsp. **ground pepper** in a large bowl. Add 12 oz. **shredded chicken** *(from Basic Whole Roast Chicken)*, 4 cups each thinly sliced **cremini mushrooms,** shredded **Brussels sprouts** and packed **baby arugula** and 1 cup thinly sliced **celery**; toss to coat. Sprinkle with 1 cup shaved **Parmesan cheese.**

SERVES 4: 2 cups each

CAL 432 / **FAT** 31G (SAT 7G) / **CHOL** 56MG / **CARBS** 15G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 24G / **FIBER** 5G / **SODIUM** 533MG / **POTASSIUM** 917MG.

Basic Whole Roast Chicken

ACTIVE: 15 min **TOTAL:** 1 hr 35 min
EQUIPMENT: Kitchen string

This may be the last recipe in this collection but in many ways it's the most useful. It's a meal on its own or the start of any recipe that calls for cooked chicken. (Photo: page 93.)

- **2 tablespoons unsalted butter, softened**
- **2 tablespoons chopped fresh herbs, such as sage, rosemary *and/or* thyme, divided**
- **1 teaspoon kosher salt, divided**
- **¾ teaspoon ground pepper**
- **1 4- to 5-pound whole chicken**
- **1 small lemon, halved crosswise**
- **1 medium head garlic, halved crosswise**
- **3 medium carrots, cut into 3-inch pieces**
- **3 stalks celery, cut into 3-inch pieces**
- **1 large onion, thinly sliced**

1. Position rack in the bottom third of oven; preheat to 375°F.

2. Combine butter, 1 tablespoon herbs, ½ teaspoon salt and pepper in a small bowl. Remove giblets from chicken and reserve for another use. Loosen and lift the skin from the breast with your fingers and spread the butter mixture under it, starting at the neck end. Place lemon and garlic in the cavity. Tie the legs together with kitchen string. Place carrots, celery and onion in a large broiler-safe pot. Place the chicken breast-side up on the vegetables and put the lid on.

3. Roast the chicken for 1 hour. Increase oven temperature to broil. Uncover and broil until golden brown and a thermometer inserted in a thigh without touching bone registers 165°F, 6 to 10 minutes.

4. Transfer the chicken to a clean cutting board and let stand for 15 minutes before carving. Serve sprinkled with the remaining 1 tablespoon herbs and ½ teaspoon salt.

SERVES 6: about 3½ ounces (without skin) each

CAL 247 / **FAT** 11G (SAT 4G) / **CHOL** 97MG / **CARBS** 6G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 29G / **FIBER** 2G / **SODIUM** 443MG / **POTASSIUM** 433MG.

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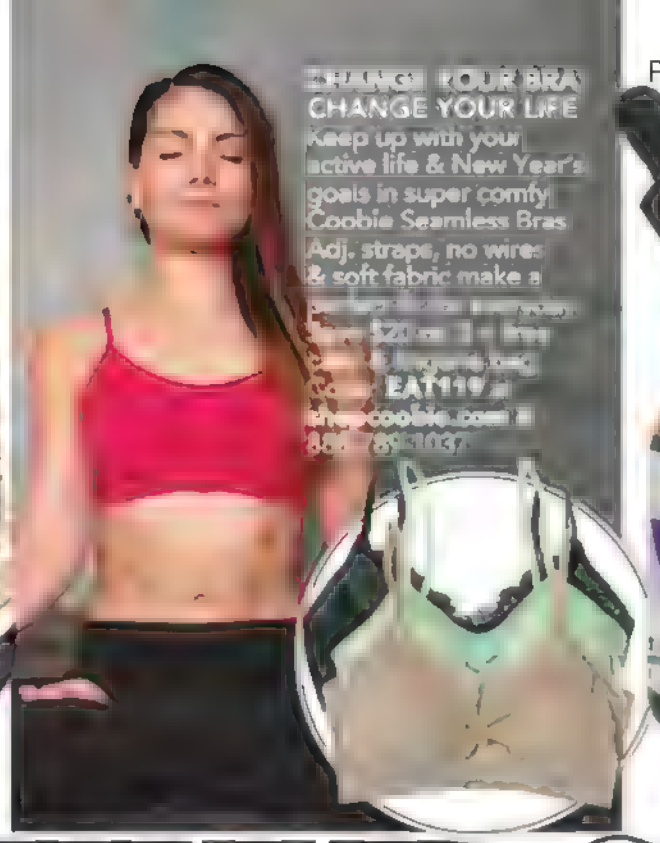

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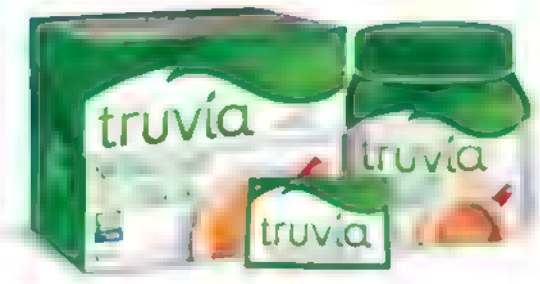

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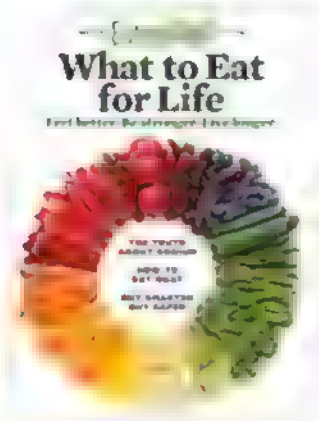

PICK UP OUR SPECIAL ISSUE!

Does bacon have a place in a healthy diet? Can eating more fruits and veggies fight diseases and cancers? This new Special Edition of *EatingWell* will help you consider what to put on your plate so you can look better and feel better forever. On newsstands now.

15 LITTLE WAYS TO PROTECT YOUR HEART

A jaw-dropping number of Americans are at risk for cardiovascular disease, but you don't have to be one of them. These doable lifestyle tweaks can make all the difference. By Holly Pevzner

Heart disease is a head-scratcher. We know it exists. We know it's lethal. And a lot of us know that it's elbowed out every type of cancer to become the leading cause of death in the U.S. About half of all adults have at least one of the key risk factors, like high blood pressure and cholesterol levels. Still, many of us put finger to nose and declare "Not it!" when we think about our own odds of the disease. We want to change that. "Everyone needs to start paying attention," says Nisha B. Jhalani, M.D., director of inpatient clinical services for the Center for Interventional Vascular Therapy at New York-Presbyterian Hospital/Columbia University Medical Center. "The risk factors for heart disease can be entirely asymptomatic for a very long time. And many people who stand to develop it look completely healthy." The upshot, she says, is that you actually have a lot of control over your heart health. "A few simple changes can prevent the disease even among folks who are most at-risk," notes Jhalani. Here are some proven ways to find your path to a healthier heart. You're it!

MIKE KEMP/OFFSET BY SHUTTERSTOCK

1 TALK TO YOUR DOC

"Primary care physicians and ob-gyns are at the front line for screening patients for heart disease—and a lot of them aren't having the conversation," says Jhalani. It's not on purpose, of course. It's just that it isn't always front-of-mind during standard office visits. "That's why I tell everyone I know: Bring it up yourself!" she adds. And ask early. Heart screening should start in your 20s, not 40s. (That cardiac once-over should include family history and vitals like blood pressure, cholesterol and glucose levels. For specifics on the numbers that could up your risk, go to *eatingwell.com/healthyheart*.)

2 MIX UP YOUR WORKOUT

Even though most of us think of cardio as The Exercise for heart health, incorporating strength training actually does a better job at lowering blood pressure—and keeping it down—than aerobic workouts alone, according to a study published in the *Journal of Strength and Conditioning Research*. Add about 20 minutes of weight training to your regular cardio routine three to four days a week to get the B.P. benefits. For the record, the American Heart Association recommends getting a total of 150 minutes of moderate activity (like walking or a not-super-strenuous strength session) or 75 minutes of vigorous exercise (running) per week.

3 GO COLD TURKEY

If you smoke, stop. As in: right now. Abruptly quitting (with the help of a nicotine patch or other support) is more effective—in both the short- and long-term—than tapering your habit, according to a randomized controlled study published in the *Annals of Internal Medicine*. One possible reason is that gradual cessation requires structure and step-by-step goals that may be hard to follow. Need more motivation? Know that you can slash your risk of heart disease in half within one year of quitting, according to the World Health Organization.

4 GET 7 HOURS OF ZZZ'S

People who sleep for 5 hours or less a night have hearts that are about 1.5 years *older* than those who get an adequate 7 hours of shut-eye, according to a new study published in the journal *Sleep Health*. "Sleep is so incredibly important that no matter how well you eat or how much you exercise, if you're not getting enough rest, the benefits of those healthy lifestyle choices are substantially diminished," says study co-author Julia Durmer, a sleep medicine and public health researcher at Emory University in Atlanta.

5 GET YOUR LEGUMES ON

Eating ¾ cup a day of cooked lentils, peas or beans reduces "bad" LDL cholesterol by 5 percent, according to a meta-analysis in the *Canadian Medical Association Journal*. (Thanks for that, fiber!) And we could stand to eat more beans: Americans' average daily intake is only 2 tablespoons! Slather hummus on sandwiches instead of lunch meat, add a handful to your salad or toss into soups.

NATALIE JEFFCOTT/STOCKSY, DAVIDE LUCANO/OFFSET, KELLY KNOX/STOCKSY

6 MUNCH LESS RED MEAT

We love a good steak or a gooey cheeseburger. But keeping it occasional is key. A study published in the journal *Circulation* linked higher intakes of red meat with an increased risk of coronary heart disease—and found that swapping out one daily serving for a healthier protein source, like nuts, fish or poultry, can lower your odds of developing the condition by 30, 24 and 19 percent, respectively. You don't have to be a hardcore carnivore to reap the benefits, either. The researchers note that everyone who cut back decreased their risk.

7 EAT EARLIER

There's something to that old eat-breakfast-like-a-king advice. A recent study published in the journal *Cell Metabolism* found that consuming all of your daily calories before 3 p.m. can lower blood pressure by 10 to 11 mmHg in a mere five weeks. "Your body is simply better able to rid itself of too much sodium when you eat earlier in the day," says study author Courtney M. Peterson, Ph.D., assistant professor of nutrition sciences at the University of Alabama at Birmingham. "It's connected to your natural circadian rhythms." Cramming in a day's worth of food before the workday is over isn't exactly practical, but she says even getting most of your calories by midday—and having a modest evening meal—is still heart-smart.

8 NIBBLE ON SOME DARK CHOCOLATE

Bypass the Halloween bargain bin variety and head straight for the dark stuff—containing at least 60 percent cacao. "People who eat about three 1-ounce servings a week have a significantly lower risk of cardiovascular and other heart-related diseases," says Monique Tello, M.D., a clinical instructor at Harvard Medical School and author of *Healthy Habits for Your Heart*. It's likely because of chocolate's flavonoids, which dilate blood vessels and help prevent arterial stiffness and plaque buildup.

9 TAKE A COFFEE BREAK (OR 3!)

Coffee has been extensively studied and the results are remarkably consistent: "Drinking three to five 8-ounce cups a day is associated with a lower risk of developing cardiovascular disease and of heart disease-related death," says Frank Hu, M.D., Ph.D., chair of the Department of Nutrition at the Harvard T.H. Chan School of Public Health. Why? "It's likely the mix of antioxidants, polyphenols and other compounds," says Hu. And while steering clear of sugar-bomb brews is a good idea in general (sorry, whipped caramel mocha), research shows that even those who like their java a little sweet and creamy saw positive heart results.

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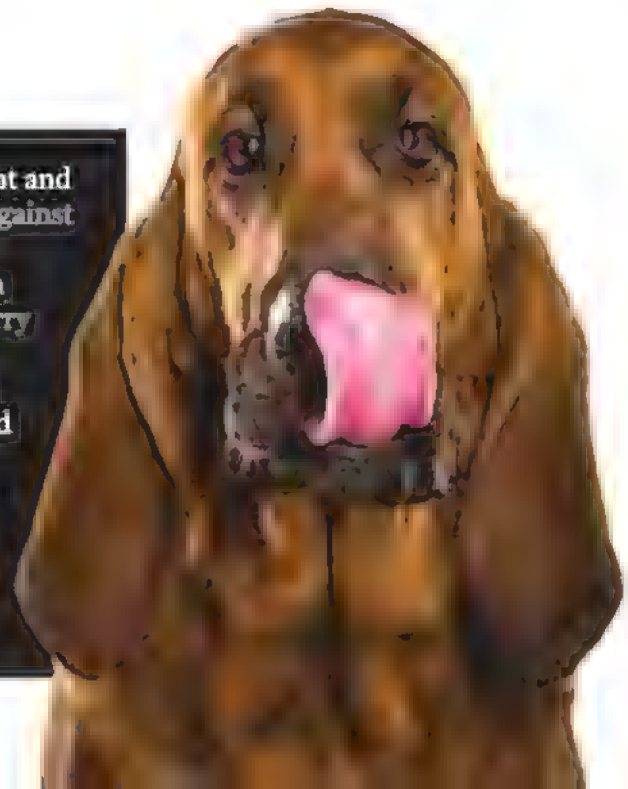
10 TAKE A 25-MINUTE MUSIC BREAK

11 GET UP EVERY 30

A recent Scottish study comparing letter carriers and chair-bound office workers found that frequent sitters have bigger waists and increased heart disease risk. So whether you're toiling at your desk or glued to the couch watching Netflix, get off your rear at least every half hour. "After 30 minutes in a chair, enzymes in your legs that break down cholesterol become inactive, leading to the accumulation of 'bad' LDL cholesterol over time," says study co-author William Tigbe, Ph.D. Alexa: Set a reminder to move!

12

GET A FURRY FRIEND Cats are great and all, but dogs are your best friend for guarding against heart disease. Single people who have one or more pups are 36 percent less likely to die from cardiovascular disease than those without a furry friend, notes a recent Swedish study of more than 3.4 million adults. "While we found a risk reduction in *all* types of households, singles had the biggest heart improvements," says study author Tove Fall, Ph.D., an associate professor of epidemiology at Uppsala University. "It's likely connected to the social aspects of being a dog owner, like going for walks in the park and having a companion to curl up with."



13 WHIP UP SOME HOME COOKIN'

"No matter how often you go out to eat, try cutting back. And that includes everything from dinner at a restaurant with friends to grabbing a muffin at Starbucks," says Jessica Crandall Snyder, R.D.N., owner of Vital RD, where she specializes in cardiac diet modification. "It'll likely decrease your sodium intake more than twofold." According to Center for Science in the Public Interest stats, the majority of fast-food meals contain more than 1,500 mg of sodium, and it's easy to find entrees at some restaurant chains with 2,000, 3,000 or even 4,000 mg—way saltier than the 700 to 800 mg Crandall Snyder recommends. (We aim for our heart-healthy meals to come in at 600 mg of sodium or less.)

14 EAT MORE VEG! *(AND FRUIT)*

It's our mantra here at *EatingWell*. And adding even *one* more serving a day can greatly impact your heart. According to a meta-analysis published in the *International Journal of Epidemiology*, you could reduce your risk of cardiovascular disease by up to 13 percent for *each* additional 1-cup serving of fruits or veggies you add to your diet. Well hello, blueberries and broc.

15 GO BANANAS

Upping your intake of potassium-packed foods (like this yellow guy) acts as a counter punch to the blood-pressure-raising effects of sodium. The reason: The more potassium you eat, the more sodium your body excretes. "Most of us consume 2,000 to 2,300 mg of potassium a day—but that's only about half of what we need," says Crandall Snyder. It's not hard to find foods rich in potassium, but the fact is we're simply not eating them. Adding a large banana gives you 487 mg. Other good sources include sweet potatoes (1 medium provides 540 mg), black beans (400 mg in ½ cup), and edamame (485 mg per ½ cup). And hey, there's your extra fruit or veg *(see Tip 14)* right there. Bananas!

HOLLY PEVZNER *is a health and parenting writer who lives in Brooklyn, New York.*

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SMARTS FROM OUR TEST KITCHEN

MORSELS

Eat the (Spiralized!) Rainbow

The spiralizing trend is still going strong, especially right now with all the resolving-to-eat-healthier going on. Veggie noodles are, after all, a satisfying way to lighten up winter meals. Swirl zucchini noodles into pasta dishes (either alongside regular ones or as a replacement). Turn sweet potatoes into oven-ready curly fries. Or toss twirled beets or carrots into tonight's salad. Yes, you can get a similar effect without a special tool by using a vegetable peeler. But if you plan on spiralizing more than once in a blue moon, a gadget made for the job is totally worth it. Flip for our favorites.

Blades of Glory

Two days, 17 spiralizers and over 50 twirled-up veggies went into our gadget testing. The result: these three standouts. Which will you take for a whirl? By Lucy M. Casale

For the occasional spiralizer... If you're not ready to commit to the zoodle life, look no further than the **OXO 3-Blade Hand-Held Spiralizer.** Its three basic attachments for pasta-like cuts—spaghetti, fettuccine and ribbon—offer everything you need to get the job done. We also appreciated that it's stackable and small enough to fit in a kitchen drawer, plus dishwasher-safe. ($25, *oxo.com*)

For the spiralizing *obsessed*... Spiralizing by hand can be a great upper-body workout (it's no joke!), but if you want your veg noodles quick and in quantity, get an electric gadget. The **Black & Decker Electric Spiralizer** allows you to press through multiple veggies in minutes, making it great for quick meal prep. We also liked its six blade options for #allthenoodles and wide feed tube that fits bulkier veg like the massive sweet potatoes we had. ($43, *amazon.com*)

For the spiralizing enthusiast... Weekly noodling calls for a tabletop tool. There are a number on the market—we tested seven in this category—but **The Inspiralizer Pro** won us over with its magical knob that switches blade cuts. Just twist it for your choice of four cutting options: fettuccine, linguine, ribbon and spaghetti-shaped noodles. ($35, *inspiralized.com*)

MARTY BALDWIN STYLING LAUREN KNOELKE (FOOD); LESLIE POYZER (PROPS)

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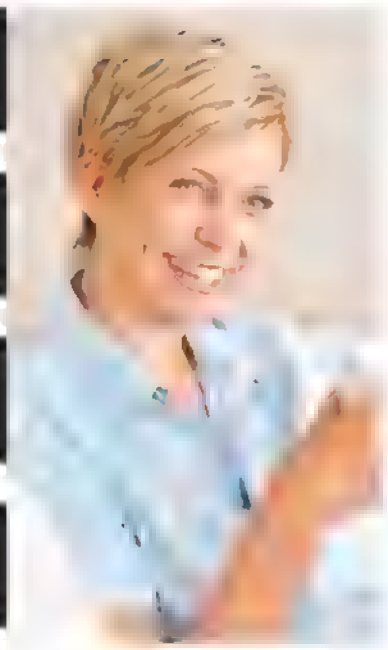

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❶ *Cut off the top and bottom of the pineapple with a sharp knife, making a stable flat base.*
❷ *Stand the pineapple upright and cut off the skin, following the curve of the fruit.*
❸ *Use the point of a paring knife to remove any remaining hard brown spots, or "eyes."*
❹ *Slice the flesh away from the core. Cut fruit as desired.*

ASK BREANA

"Should I wash chicken before I cook it?"

The quick answer: No. Step *away* from the faucet, folks. And don't wash other meat or fish either. In fact, rather than getting rid of bacteria (or whatever it is you're trying to wash off that chicken!) you may just be making the problem worse.

First, the science. Raw poultry can harbor bacteria, including *Salmonella* and *Campylobacter*. You may not have heard of the latter, but it's linked to an estimated 2.5 million foodborne-illness cases annually in the U.S. (often from eating raw or undercooked poultry). Now, imagine adding a splattery stream of water on top of the bacteria that may be on your chicken. This stream is going to splash all sorts of chicken-tainted water into your sink (where you wash other things), on your countertops and onto nearby food. In fact, research has found that washing chicken can spread bacteria up to *3 feet* from your sink. That means you've potentially contaminated a good portion of your kitchen.

(Side note: If you were washing your chicken to remove the viscous liquid that can sometimes accumulate in the packaging, the safe fix is to simply pat the meat dry with paper towels instead. It will also help it brown better.)

The good news for us all? The solution is on your stove, not in your sink. Cooking chicken to the right temperature—165°F—kills the bacteria. The same is true for other meat or fish. So rinsing them first is unnecessary.

Oh, and it goes without saying: always wash your hands after handling raw chicken. A trick I like to use to keep from having to suds up a million times? Keep one hand "clean" and let the other hand get "dirty." I'm right-handed, so I use my left to handle the meat and my right to season the chicken and place it in a pan before I wash my hands.

BREANA KILLEEN, *M.P.H., R.D., is our Test Kitchen manager.*

TOP MARTY BALDWIN, STYLING LAUREN KNOELKE (FOOD), LESLIE POYZER (PROPS) BOTTOM BLAINE MOATS, STYLING KELSEY BULAT (FOOD) SUE MITCHELL (PROPS)

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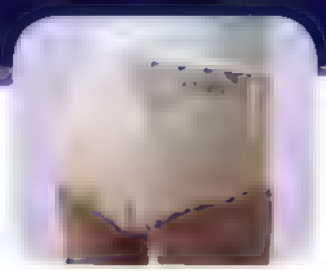

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JANUARY / FEBRUARY 2019

RECIPE INDEX

		CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Finger Foods																				
101	Buffalo Chicken Wings with Ranchy Cauliflower	280	10	2	19	3	770	602						88	■	■		■		
31	Chili-Lime Brussels Sprout Chips	44	3	0	1	1	89	107						36	■	■	■	■	■	■
89	Deviled Crab	187	7	1	18	1	431	376				131		35	■			■		
89	Fresh Corn Hush Puppies	203	27	0	5	3	416	119							■				■	
100	Italian Chicken Meatballs	237	7	0	25	1	498	527							■			■		
31	Manchego-Stuffed Shishito Poppers	116	13	0	8	4	156	417						299	■			■	■	
Beverages																				
58	Derby Dry	82	21	13	0	0	3	95						68	■	■			■	
Salads																				
90	Chopped Salad with Black-Eyed Peas & Hot Sauce Vinaigrette	199	23	1	7	7	268	438		55		87		20	■	■		■		■
83	Kula Pickled Beet Salad	127	14	3	2	3	191	378		26		76		38		■	■	■	■	■
14	Red Cabbage & Pomegranate Salad	162	15	1	3	4	343	392				171		75	■	■		■		■
Sides																				
14	Roasted Red Cabbage with Caraway Butter	65	5	0	1	2	213	174						67	■	■		■		■
14	Sautéed Red Cabbage with Shallots & Hazelnuts	221	17	0	4	4	321	418				29		105	■	■				■
89	Seasoned Black-Eyed Peas	148	23	0	8	7	165	313		55						■		■	■	■
89	Smashed Root Vegetables with Mustard Vinaigrette	97	10	0	1	3	267	346				169				■		■		■
87	Soft Green Beans	60	8	0	2	3	347	225							■	■		■		
Soups & Stew																				
88	Brunswick Stew	305	44	3	23	6	670	949				64		41		■		■		
102	Italian Wedding Soup	415	36	0	26	4	728	681		259		105		34	■			■		
28	Lemony Lentil Soup with Collards	296	42	0	11	8	428	765		56		107		63		■		■		■
Vegetarian																				
22	Cheesy Spinach-&-Artichoke Stuffed Spaghetti Squash	223	23	0	10	9	528	481	28	51		63		25	■	■		■		■
79	Jasmine Rice Gnocchi with Red Pepper Puree	492	68	0	8	6	354	314				63		217		■				■
24	Pea & Spinach Carbonara	430	54	0	20	8	586	174	25	67	34	164		84	■		■	■		■
Chicken (whole)																				
104	Basic Whole Roast Chicken	247	6	0	29	2	443	433				108				■		■		
104	Chicken, Brussels Sprouts & Mushroom Salad	432	15	0	24	5	533	917	32			84		97	■	■		■		
104	Roasted Chicken Banh Mi	435	57	4	23	9	917	370				176			■			■		

Chicken (breast)																			
95	BBQ Chicken Skillet Pizza	391	38	2	24	2	503	225						■					
96	Chicken & Broccoli Casserole	353	31	0	25	2	413	404	47			25		42	■			■	
103	Chicken & Dumplings	460	52	0	43	6	761	910				77						■	
95	Chicken-&-Mushroom Marsala	333	16	0	27	2	263	699							■			■	
99	Chicken & White Bean Stew	493	54	0	44	27	518	1,557	20		39	96		34		■	■	■	
96	Chicken Enchiladas Verdes	387	36	0	33	7	716	639						21	■			■	
94	Skillet Chicken Parmesan	410	19	2	33	3	432	643	24			27			■				
Chicken (thighs)																			
99	Chicken Cacciatore with Polenta	448	39	0	38	5	666	708				36		116				■	
96	Chicken, Quinoa & Sweet Potato Casserole	349	39	0	23	5	432	660				195		23	■	■		■	
102	Coq au Vin	523	18	0	53	3	651	1,187				174				■		■	
83	Huli Huli Chicken with Pineapple-Ginger Sauce	358	11	5	32	0	777	390								■		■	
16	Sicilian-Style Chicken Thighs	511	35	0	30	5	690	901				217		33	■	■		■	
100	Slab Chicken Potpie	484	48	0	24	8	639	577				129						■	
99	Slow-Cooker Butter Chicken	434	34	0	34	3	473	558								■		■	
Beef & Pork																			
26	Beef & Bean Sloppy Joes	411	44	7	26	8	537	842			28		31		■		■	■	
18	Korean Steak, Kimchi & Cauliflower Rice Bowls	414	20	0	30	6	720	388				53	25	109	■			■	
35	Long-Life Noodles with Beef & Chinese Broccoli	449	50	0	28	8	680	789		32	22	24	20	37	■			■	
20	Pork Chops with Garlicky Broccoli	543	20	0	34	6	725	925		29		25		255	■			■	
Fish & Seafood																			
81	Ceviche	56	2	0	11	0	138	294								■	■	■	
81	Coconut-Crusted Ahi with Tropical Salsa & Peanut Sauce	426	17	0	34	3	504	749					40	42					
38	Shrimp, Pomelo & Green Mango Salad	370	16	3	28	4	481	902		22		25		149		■		■	
Sauces																			
36	Ancho Pepper-Cherry Sauce	54	10	7	0	0	233	72							■	■		■	■
36	Creamy Cilantro-Jalapeño Sauce	121	2	1	1	0	155	42							■	■			■
37	Roasted Garlic-Parmesan Cream Sauce	57	4	0	3	0	164	67							■			■	■
Desserts																			
40	Bananas Foster Upside-Down Cake	299	37	15	4	3	197	273											■
90	Caramel Cake	277	41	26	3	2	250	104				53							■
83	Coconut-Butter Mochi Cake with Lime Curd	280	42	25	3	1	56	97								■			■

PHOTO: MONICA JIANDANI/OFFSET

KEY TO RECIPE INDEX & NUTRITION

Each of our recipes is thoroughly tested in the *EatingWell* Test Kitchen.

- Recipes are tested 4 times (avg.) by at least 2 people on gas and electric stoves.
- The recipe testers shop major supermarkets to research availability of ingredients.
- "Active" time includes prep time (the time it takes to chop, puree, mix, etc.) and the time spent tending to something on the stovetop, in the oven or on the grill—and getting it to the table for serving.
- "Total" time indicates the entire amount of time required for each recipe, start to finish.
- "To Make Ahead" gives storage instructions to help you plan. If particular non-standard "Equipment" is needed, it's listed at the top of the recipe.

How We Analyze Recipes

- All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. Extra nutrition information appears with each recipe on *eatingwell.com*.
- Garnishes and optional ingredients are not analyzed.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell* suggested portions are based upon standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 ounces, cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes, such as rice or potatoes, are ½ cup.

Key to Column Labels

% Daily Value: When a recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories a day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Recipes have limited saturated fat and sodium. Per serving, entrees have ≤2 g sat. fat (seafood ≤4 g) and ≤360 mg sodium; combination meals have ≤4 g (seafood ≤6 g) and ≤600 mg sodium; side dishes, muffins, breads, appetizers and desserts have ≤2 g sat. fat and ≤240 mg sodium; dips, salsas and sauces have ≤1 g sat. fat and ≤140 mg sodium; salad dressings have ≤2 g sat. fat and ≤140 mg sodium.
Low-Cal: Per serving, entrees have ≤375 calories; combination meals have ≤575 calories; side dishes, muffins, breads, appetizers have ≤200 calories; desserts have ≤225 calories; dips, salsas, sauces and salad dressings have ≤75 calories.
Vegan: No animal products.
Vegetarian: Meatless or includes meatless options listed as the first ingredient.

Meet the Man Who Loves Leftovers

Robert Lee's nonprofit Rescuing Leftover Cuisine carts excess food to homeless shelters. By Lucy M. Casale

A DAY IN THE LIFE

Robert Lee had an hour to kill. So, he pulled up a website on his iPhone. Scrolling through an events calendar, he found what he was looking for: a food rescue with no volunteers—yet. Lee clicked "Sign up," then stepped onto the humming New York City sidewalk. His destination was a nearby espresso bar where a food pickup was waiting; 15 minutes later, Lee was walking again, a stack of boxed pastries, salads and sandwiches in his arms—all of it leftover food that would otherwise be trashed. After five blocks, he arrived at a homeless shelter expecting his delivery. His rescue mission was now complete.

WHAT HE DID

Lee is the 27-year-old co-founder and CEO of Rescuing Leftover Cuisine (RLC). Its mission: to save leftover food from bagel shops, bakeries and grocery stores and deliver it to homeless shelters via a network of volunteers. Lee was inspired by a food rescue club he'd participated in during college. "The statistics—40 percent of all food is wasted and one in seven Americans is food insecure—just blew my mind." Shortly after graduating in 2013, Lee started the nonprofit. Today, RLC pairs 200 food donors with 10,000 volunteers in 13 cities from San Francisco to Chicago to New York.

WHY IT'S COOL

To attract food donors, who often didn't know donating their leftovers was even a possibility, Lee identified a key motivator. "We figured out there is an IRS incentive for companies that donate food waste: they get a tax deduction." And to entice volunteers, he's made signing up for food rescues super-simple: after an initial orientation, you select rescue opportunities from RLC's website that fit your schedule. "It's a tangible way to help," says freelance photographer Christa Tandana, who participates in 20-plus rescues in New York each week. "It might feel like a small thing to bring a tray of food to a shelter, but it all adds up."

* Be a food rescuer in your city! Learn more at *rescuingleftovercuisine.org*.

PHOTO BILL WADMAN

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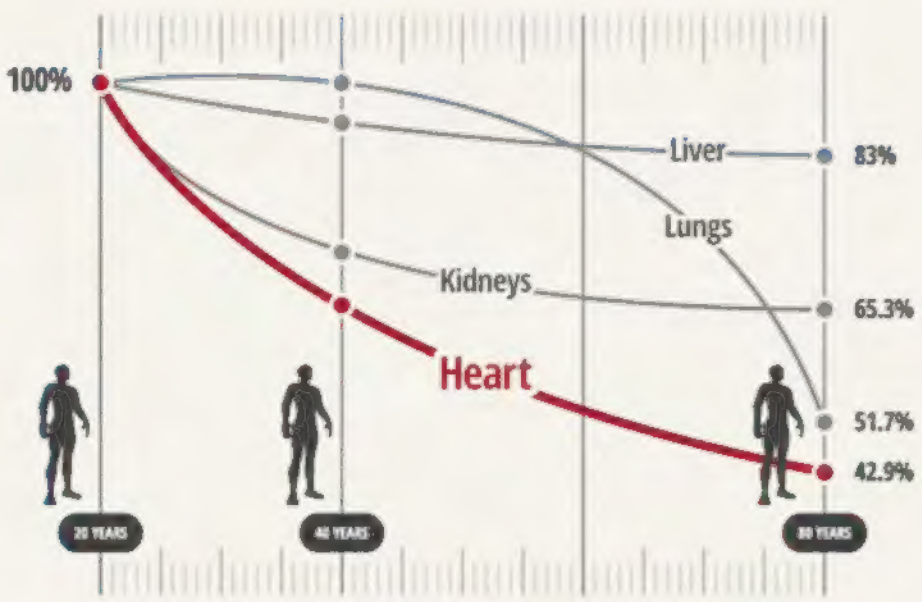

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